ANGELS AND DEMONS

‘NIGHTMARE’ GYM SESSIONS HELPED ADRIANA LIMA BE READY FOR A VICTORIA’S SECRET SHOW 2 MONTHS AFTER GIVING BIRTH PAGE 19

VANCOUVER metro®

Tuesday, December 4, 2012

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Catherine, Duchess of Cambridge, and Prince William, Duke of Cambridge, celebrate a Great Britain gold medal in cycling in August at the Olympic Games in London. The couple have announced they are expecting their first child. Story, page 10. Curious to see what the future monarch could look like? Metro used the power of the Internet and two archival photos to make our own royal newborn. See the results at metronews.ca/royalbaby. PASCAL LE SEGRETAIN/GETTY IMAGES FILE

Van ranked fifth-best place to live — yet again

Best city in Canada. Mercer Quality of Living Survey gives us props

The city of bike lanes, coffee shops and Lululemon has once again been named one of the world’s top 5 most livable cities.

Vancouver ranked No. 5 out of 221 cities for the second year in a row in the 2012 Mercer Quality of Living Survey released Monday afternoon.

It’s a slip from fourth spot in the years leading up to the 2010 Olympics, but Vancouverites can still be smug to live in Canada’s highest ranked city.

Ottawa (14), Toronto (15) and Montreal (23) also made the Top 30, while Honolulu (28) was the only city in the U.S. to crack that barrier.

Canada’s infrastructure, accessible public transportation, health care and relatively low crime levels boosted the cities’ rankings, whereas American cities were hurt by the enduring economic crisis.

The annual survey is based on safety, infrastructure, culture and economy. It helps employers figure out where to relocate international workers and how much hardship allowance to pay them.

For the second year in a row, Vienna was named the best city in the world to live in, and Baghdad was called the worst.

Tokyo is the world’s most expensive city and Karachi, Pakistan, the cheapest. For infrastructure, Singapore placed first and Port-au-Prince, Haiti, last.

In a similar study of 140 cities by the Economist Intelligence Unit, Vancouver placed third and Melbourne earned the top spot this year.

It must be noted, however, that both surveys have been criticized for leaving out superstar cities such as New York, London and Hong Kong. In an effort to change this, the EIU issued its first “best city” survey that also ranked factors such as green space, connectivity and population density. EMILY JACKSON/METRO

Man charged in dog beating

A German shepherd was found wrapped in a bloody blanket suffering from cuts and massive bruising — his owner is now accused of animal cruelty PAGE 4

Flip-flopping on gun slingin’?

Justin Trudeau gets heck from both the right and the left for his seemingly contradictory views on the scrapped long-gun registry PAGE 11

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Staffing up

Clark hires former McGuinty aide as new communications director

Premier Christy Clark has hired a former top aide to Ontario's premier as her new communications director in a third attempt to put in place a winning communications team in time for next May's provincial election.

Ben Chin becomes the latest appointee in the revolving door of staff changes in Clark's office that has seen at least three communications makeovers since she took over as premier in February 2011.

Clark's first press secretary, former radio and television reporter Chris Olsen, didn't last a year, and in recent months Clark's office has seen the arrival and departure of Prime Minister Stephen Harper loyalists Ken Boessenkool and Sara MacIntyre.

Former Premier Gordon Campbell stalwart Mike Morton, who served as Campbell's press secretary for much of his first two terms, joined Clark's office last summer to help with press secretary service.

Clark's Liberals have been consistently trailing the opposition New Democrats in public opinion polls, but her focus on her government's job creation agenda has seen the Liberals start to regain some lost ground.

Chin, who served as Dalton McGuinty's media relations chief, is well known across Canada as a journalist with the CBC, CTV and City TV. Chin currently lives in Vernon and was most recently working as a vice-president and advisor to Air Miles for Social Change.

THE CANADIAN PRESS

Maple Batalia's mother Sarbjit, far right, waits for other family members inside Surrey provincial court Monday. Her daughter's former boyfriend and alleged killer made a brief in-person court appearance while the other accused appeared by video. PHYLICIA TORREVILLAS/METRO

Alleged killer will plead not guilty: Lawyer

2011 shooting. Accused in slain 19-year-old's murder appear in Surrey provincial court

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Maple Batalia's ex-boyfriend will plead not guilty to murder charges in the 2011 shooting death of the SFU student, his lawyer said outside a Surrey court Monday morning.

Gurjinder (Gary) Dhaliwal, 20, made a brief appearance in Surrey Provincial Court, wearing a black T-shirt. Batalia's parents and other family members occupied the first two rows and stared directly at Dhaliwal, who sat in the prisoner's box.

His co-accused Gursimar Bedi, 22, who was wearing a white T-shirt and grey sweats, appeared at the same time by video.

Dhaliwal is charged with first-degree murder and Bedi is charged with manslaughter while using a firearm and being an accessory after the fact.

Dhaliwal's lawyer, David Albert, told reporters outside court his client intends to plead not guilty.

The pair was ordered not to be in contact with each other or the Batalia family and to appear in court on Dec. 17 by video.

"The matter got put over for a couple of weeks to assist Mr. Bedi in obtaining a lawyer," Albert explained. "There will then be a bail hearing in Supreme Court. The time frame (is) probably somewhere within the next month."

Showing empathy

"Even through all of this, she's struggling with how (their families) might be struggling."

Sgt. Jennifer Pound, a spokeswoman for the Integrated Homicide Investigation Team on the mother of Maple Batalia and her reaction towards her daughter's killers

The 19-year-old health-sciences student, model and aspiring actress was gunned down Sept. 28, 2011 at Simon Fraser University's Surrey campus parkade while walking to her car after a late-night study session.

Sgt. Jennifer Pound, a spokeswoman for the Integrated Homicide Investigation Team, said it was hard for the family to see the two men.

And Pound said she finds it amazing that Batalia's mother Sarbjit feels empathy for the families of her daughter's alleged killers.

"Even through all of this, she's struggling with how (their families) might be struggling, which speaks volumes to them and the kind of people they are," she said.

Animal cruelty-charges laid

Captain. Brian Whitlock faces maximum of five years in jail, $75,000 fine after allegedly beating his dog and leaving it for dead

EMILY JACKSON
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Animal-cruelty charges have been laid against a Vancouver dog owner after Captain, his two-year-old German shepherd, was found beaten in a dumpster last summer.

Quoted

"It is absolutely heartbreaking to think of the suffering that this dog experienced — it's beyond comprehension."
Lorie Chortyk of the BC SPCA

Captain was found wrapped in a bloody blanket suffering from cuts and massive bruising to his head and body after neighbours heard his cries and called the BC SPCA on July 18.

Despite around-the-clock medical care for his severe injuries and spinal damage, Captain died the next day.

"It is absolutely heartbreaking to think of the suffering that this dog has experienced — it's beyond comprehension," the BC SPCA's Lorie Chortyk said in a statement.

The BC SPCA is "extremely pleased" the Crown accepted its recommendation for animal-cruelty charges in the case, Chortyk said.

Thousands of North Americans contacted the SPCA to express outrage about the attack, she said.

Brian Whitlock, 26, faces up to a maximum of five years in jail, a $75,000 fine and a lifetime ban on pet ownership or custody.

His first court appearance is set for Dec. 7.

Animal-cruelty charges were laid against Captain the German shepherd's owner after he allegedly beat him and placed him in a dumpster. CONTRIBUTED

Hurricane-damaged cars could turn up in B.C., ICBC warns

A general view of flooded streets after a tidal surge caused by Hurricane Sandy on Oct. 30 in Manhattan, N.Y. CHRISTOS PATHIAKIS/GETTY IMAGES

After Hurricane Sandy submerged more than half a million cars in brackish water, ICBC is reminding used-car shoppers in B.C. of an age-old adage: "If a deal seems too good to be true, it probably is."

Mark Francis, manager of provincial vehicle registration, said after Hurricane Katrina hit in 2005 more than 750,000 vehicles were slapped with "flood titles" — a U.S. insurance category that made them ineligible for sale in Canada.

Nonetheless, nearly 100 mouldy, marinated vehicles made their way into B.C. as unscrupulous individuals got them re-titled as undamaged in other states, and then imported them into Canada.

"We're trying to make people as aware as possible to do whatever they can to avoid becoming victimized," Francis said.

"The incentive is for the higher-value vehicles, because visibly if they're cleaned up they look pretty normal. For a Mercedes or an Acura or a higher-end vehicle that was on a dealer's lot for sale, it's a big loss for them to take, so there's an incentive to try to reuse or sell that vehicle."

He said more than 80 per cent of the flood-damaged vehicles in B.C. after Katrina were sold privately rather than by registered dealers, who are fairly vigilant about checking histories and have been warned about the latest potential influx.

ICBC is advising prospective car buyers to check for water damage, damp or musty odours, rusty brackets, mismatched upholstery, and to search the car's history reports online using Carfax or CarProof.

KATE WEBB/METRO

Online

For more information on signs to look for, visit icbc.com/news/2012dec03-01.

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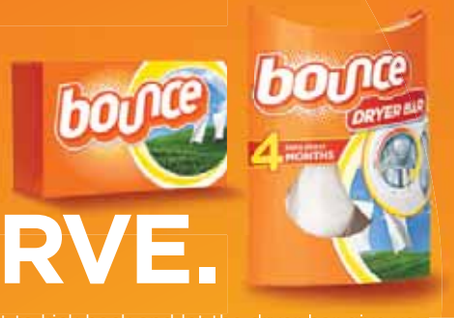

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How Fred got his tools back

A pre-Christmas story. Technician reunited with $9,000 worth of equipment stolen from him in September

EMILY JACKSON
emily.jackson@metronews.ca

Technician Fred Guo stores all his tools in his van because he's never sure what he'll need for a construction job.

So when high-tech tools worth nearly $9,000 were stolen from his trunk in September, the 46-year-old was forced to miss work and spend weeks coping without his hard-to-replace equipment.

"It was a tough day for me," said Guo, who immigrated to Canada from China almost 10 years ago. "I was so sad."

But Guo got an early Christmas present from the Vancouver police Monday when they returned the tools he had labelled "Fred."

The auto crime enforcement team found his equipment in a six-week investigation that recovered nearly $200,000 worth of property stolen from construction sites, cars and garages in Vancouver and Richmond.

Friends immediately flooded Guo with messages after they read about the recovered tools, as he had told them how upset he was to replace the tools he loved.

"Some weekends I spend one to two hours to clean my tools at home," he said at the police station, where he brought two dozen doughnuts to thank the officers.

"I'm a lucky guy," he said, adding that he wants to thank the Vancouver police, the Richmond RCMP, his co-workers and his employer for all their help in the past two months.

Police will complete the file on the victims before arrests are made, Det. Phil Ens said. The public shouldn't worry about continued heists — police have seized the main suspect's vehicle.

Of the 20 victims identified so far, about half have reclaimed their property, Ens added.

There are still mountain bikes, tools, snowboards and golf clubs that haven't been claimed. Ens would especially like to locate the owners of two professional Callaway golf bags. If you are the owner and can name the brand of clubs inside, call him at 604-717-2814.

Technician Fred Guo holds up a Nov. 23 Metro story about $9,000 worth of equipment Vancouver police found labelled "Fred." Guo was reunited with the stolen equipment Monday. EMILY JACKSON/METRO

'I was paralyzed to my neck': A volunteer's story

Lindsay Cutting, who escaped total paralysis from a rare autoimmune disorder after receiving 24 blood transfusions, talks to Santa at the launch of the Bleed & Feed campaign at a Canadian Blood Services clinic Monday. KATE WEBB/METRO

Santa is best known for delivering presents, but on Monday he stopped by an Oak Street clinic in Vancouver to drop off a satchel full of food and encourage people to give something even more important this holiday season: blood.

Lindsay Cutting, a transfusion recipient who now volunteers at the clinic, got to meet the big man in red, who thanked her for her work and helped her launch Canadian Blood Services' third annual Bleed & Feed campaign. The drive aims to collect more than 14,000 donations of food and blood before Jan. 2.

Cutting, 25, got a lung infection last September while visiting Greece and developed a serious autoimmune disorder called Guillain-Barre syndrome, which affects only one in 100,000 people.

"I started having trouble walking," Cutting recalled. "Within 36 hours I was paralyzed to my neck."

The paralysis could have been permanent had it not been for 24 transfusions of a blood product she received called intravenous immunoglobin.

"It would have taken hundreds of donors to make those bottles," said Cutting, who as a registered nurse knew exactly what she was in for.

"It's not just one donor makes one bottle; it's a real contribution from a lot of people together. It makes me very thankful for all those people that took the time to donate."

Food Banks BC executive director Laura Lansink said teaming up with the blood banks this time of year is a natural fit.

"I think it's an opportunity for those people that already have a very generous spirit and a generous heart to have just another opportunity to give," she said.

"I think the donors are people that have probably taken the time to think about 'Who are the recipients?': People that need blood and people that are hungry in our province, so it really is a win-win combination."

KATE WEBB/METRO

How to help

B.C. residents can book an appointment to donate blood by visiting blood.ca or calling 1-888-2-DONATE. Donated food items will be collected at the clinics until Dec. 31.

B.C. mountain ranges

Avalanche risk high: Centre

The Canadian Avalanche Centre says there's a high risk of avalanches in several B.C. mountain ranges.

The Sea-to-Sky, North Columbia – Monashees and Selkirks, the South Columbia, and Kootenay Boundary regions all have a high rating, which means travel in avalanche terrain is not recommended.

THE CANADIAN PRESS

Health sciences

Workers to strike this week

Members of the B.C. Health Sciences Association say they will begin strike action this week after eight months of inaction at the bargaining table.

Hospital pharmacists will reduce their work to essential services this Wednesday and, on Friday, medical imaging techs will do the same.

THE CANADIAN PRESS

Surrey Memorial

ER reopens following flood

The emergency room at Surrey Memorial hospital reopened Monday, two weeks after it was flooded by a broken water main. Fraser Health Authority spokesman Roy Thorpe-Dorward says cleanup and infection-control inspections have been completed and the ER is ready for business again, except for its MRI machine.

CKNW/THE CANADIAN PRESS

Accident

Man loses leg after being hit by van

A 53-year-old man has lost his lower leg after being hit by a minivan at a mall in Kamloops. The RCMP say the 68-year-old driver of the van has admitted she accidentally stepped on the accelerator instead of the brake as she was parking outside Coopers Foods in Lansdowne Village. Police have ruled out alcohol, drugs, or a medical issue.

CFJC/THE CANADIAN PRESS

Powell River area

Nine rescuers get rescued

Nine people taking part in a rescue training session in the waters off Powell River Monday needed their own rescue after their ship ran aground. The 16-metre vessel Black Duck ran aground on Vivian Island while taking part in a search-and-rescue scuba-diving exercise. Captain Trevor Reid, says no one was hurt and everyone got off the vessel without incident. THE CANADIAN PRESS

Auditor general

Confidential files of B.C. Rail sought

A lawyer for B.C.'s auditor general has asked the courts to grant him access to confidential files related to controversial legal fees paid for by the government in the B.C. Rail trial. The government opened its books in relation to David Basi and Bobby Virk last year, but they didn't include documents protected by solicitor-client privilege.

THE CANADIAN PRESS

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New contract. Wage hikes coming for unionized staff at ICBC

Unionized workers at the Insurance Corp. of B.C. have voted 71 per cent in favour of ratifying a new contract with the public auto insurer.

The agreement covers about 4,600 employees, members of the Canadian Office and Professional Employees Union, who staged a three-day strike in the summer and overtime bans. The contract includes a four per cent wage hike to be implemented in stages, with the first increase retroactive to July 1. The agreement, which expires in July 2014, also includes better maternity and parental leave.

COPE local 378 president David Black says the deal promises a workload study at ICBC, the first such study in nearly 20 years.

Black says his members are struggling under crushing workloads and under the new agreement the two sides can start to fix that problem.

THE CANADIAN PRESS

Running for MLA

NDP candidate acclaimed for Delta North

Delta city councillor Sylvia Bishop will be the NDP candidate in Delta North. Bishop is a former school teacher who has lived in the city all her life. North Delta MLA Guy Genter said in October that he would not run again. B.C. voters go to the polls on May 14. THE CANADIAN PRESS

Exploitation

Human-trafficking program now bilingual

A B.C. program that seeks to uncover human trafficking is now available nationally, in both official languages. The program developed by the B.C. Office to Combat Trafficking in Persons aims to help frontline workers recognize and help victims.

THE CANADIAN PRESS

VSB chair calls for stricter rules on suicide reporting

Amanda Todd case. But head of broadcasting group says reporting on some cases is in public interest

EMILY JACKSON
emily.jackson@metronews.ca

"It seems most traditional practices just went out the window and it was no-holds-barred reporting," Patti Bacchus says of the coverage of bullied teen Amanda Todd's death. EMILY JACKSON/METRO FILE

Vancouver School Board chair Patti Bacchus is uncomfortable with the way the media reported on Amanda Todd's suicide.

Now she wants the board to draft a letter to press associations asking them to enforce stricter rules on reporting suicides.

The board voted on Monday evening to write to the B.C. Press Council, the B.C. Association of Broadcasters and the Canadian Association of Broadcasters asking them to consider adhering to reporting rules outlined by the Canadian Psychiatric Association (CPA).

Among other things, the CPA advises against the use of the word "suicide" in a headline, running photos of the deceased and front-page coverage.

"What I hope more than anything, and I think it's already happening, is to trigger some debate and discussion," Bacchus said, adding that she feels that up until the recent Amanda Todd coverage, most media followed the CPA guidelines.

"It seems most traditional practices just went out the window and it was no-holds-barred reporting."

Ken Kilcullen, president of the B.C. Association of Broadcasters, said his group has no hard and fast rules and adheres by standards set by the Canadian Broadcast Standards Council and RTDNA, the association of electronic journalists.

"We as associations would not come along and say clearly 'do not report suicides.' In some cases public interest may take priority," Kilcullen said, adding that he feels suicides should be reported, or not, on a case-by-case basis.

He said the association would take a look at the letter from the VSB.

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Space exploration

Voyager enters 'magnetic highway'

An artist's rendering showing Voyager 1 at the edge of the solar system. NASA/THE ASSOCIATED PRESS

NASA's long-running Voyager 1 spacecraft has entered a new region at the edge of the solar system and is close to exiting it forever.

Scientists have dubbed this region the "magnetic highway" and it's the last stop before interstellar space, or the space between stars.

Voyager 1 and Voyager 2 launched 35 years ago on a tour of the outer planets. Afterward, both spacecraft continued to hurtle toward the fringes of the solar system. THE ASSOCIATED PRESS

NASA reveals new data collected by Mars rover

Signs of life? Curiosity's soil findings, combined with earlier evidence, make it more likely there was once water on the Red Planet

MICHELLE CASTILLO
Metro World News in London

The work site of the NASA rover Curiosity on Mars. Results are in from the first test of Martian soil by the rover: So far, there is no definitive evidence that the Red Planet has the chemical ingredients to support life. NASA/THE ASSOCIATED PRESS

Though Monday's NASA Mars Curiosity rover announcement wasn't about extraterrestrial life, scientists were excited to share that soil analysis from the Red Planet has revealed interesting results.

An analytical laboratory inside the rover's arm determined that soil samples from "Rocknest," inside the Gale Crater, contained high levels of water, salts, sulfur and chlorine-containing substances. This evidence shows that there is an even higher possibility that there was water once on the planet.

"We have no definitive detection of Martian organics at this point, but we will keep looking in the diverse environments of Gale Crater," said SAM principal investigator Paul Mahaffy of NASA's Goddard Space Flight Center in Greenbelt, Md.

What makes scientists so excited about this discovery is that water is known to be an essential ingredient for life, according to Dr. Nilton O. Renno, a professor of atmospheric, oceanic and space science at the University of Michigan. Renno was previously involved with the prior Mars rover mission, Phoenix.

"Everywhere we have water, we have bacteria," Renno said. "If you are going to look for life on another planet, the first thing you have to do is look for water."

Renno explained that the Martian soil contained high levels of volatiles, which turn into water vapour, chlorine and oxygen that are released from the soil when it is heated. The levels of salts found also suggested there was more water on the planet once than scientists initially suspected.

"The more we look at Mars, the more interesting it gets to be," he said.

Mars

Finding life not really Curiosity's job

Curiosity's main mission is to study whether the Red Planet is habitable, and most of the tools on the rover are there to help reach that goal. It's not really equipped to find extraterrestrial life, but rather to see if Mars could support life, Renno explained.

There's also a high possibility that any bacteria found by or on the machine could have come from our own planet. Renno said that it could take quite some time to analyze anything found to see if it is extraterrestrial, meaning we probably won't get the results while the rover is still on Mars.

"We really have to be sure that anything we found is not contamination from things we took from Earth," Renno said. "We want to be sure what we find is something from Mars."

Risking their lives. 27 floating migrants rescued in the Strait of Gibraltar

Spanish officials say Coast Guard vessels from southern Spain and Morocco have rescued 27 migrants on four inflatable dinghies in the Strait of Gibraltar.

Officials said some of the migrants trying to reach Spain from Morocco jumped into the sea when the two countries' rescue vessels approached them Monday, apparently wanting to be picked up by the closer Spanish boats that would take them to Europe instead of back to North Africa.

Each year thousands of suspected illegal immigrants from Africa risk their lives trying to reach Europe on small, flimsy boats.

Spanish authorities said their vessels took 19 sub-Saharan men and two women to the port of Cadiz in southern Spain. Some were suffering from hypothermia.

The six others were picked up by Moroccan rescuers and taken to Tangier. THE ASSOCIATED PRESS

Migrants in a rubber dingy react just before being rescued by Spanish coastguards in the sea between Spain and Morocco closer to Tangier, Morocco, Monday. MARCOS MORENO/THE ASSOCIATED PRESS

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Online sensation

Homeless man hides new boots

The NYC homeless man — whose gift of boots from an NYPD police officer became an online sensation — is back on the streets with no shoes. Jeffrey Hillman says he's hidden them because they're "worth a lot of money." TORSTAR NEWS SERVICE

Reality TV

Amazing Race comes to Canada

Producers of The Amazing Race Canada promise the show will stand shoulder-to-shoulder with its slick U.S. counterpart, even though competitors will never leave the country.

CTV executive Phil King says the network spent a lot of time debating whether or not to send competitors around the world. In the end, they decided to showcase the country's diversity.

"Canada (is) so diverse and not only in terms of land mass and climates — whether you go from Vancouver to the north or in the Prairies (with their) varying climates all the time — but even the people have very distinct cultures." THE CANADIAN PRESS

Movember

Canada earns mo' money for cancer

For the second year in a row, Canadians participating in the Movember campaign for prostate cancer research have raised more money than people in any other country.

The sixth annual event, which drew to a close last Friday, has so far raised more than $37 million for men's health initiatives.

In all, 247,066 Canadians took part in raising funds and awareness for Prostate Cancer Canada.

Movember is a month-long fundraising campaign where men start the month of November with a clean-shaven face, then grow their moustaches throughout the month. THE CANADIAN PRESS

Twitter

"Laureen and I congratulate the Duke and Duchess of Cambridge on their wonderful news #royalbaby"

@pmharper, via Twitter

Catherine, Duchess of Cambridge, takes part in a day of celebrations to mark St. Andrew's Day at St. Andrew's School on Friday in Pangbourne, England, days before palace officials announced she is pregnant. GETTY IMAGES

Pregnancy sends Kate to hospital

Expecting. Duchess of Cambridge hospitalized with severe form of morning sickness

The most widely anticipated pregnancy since Princess Diana's in 1981 is official: Prince William's wife, Kate, is pregnant.

St. James's Palace announced the pregnancy Monday, saying that the Duchess of Cambridge — formerly known as Kate Middleton — has a severe form of morning sickness and is currently in a London hospital. William is at his wife's side.

News of the pregnancy drew congratulations from across the world, with the hashtag "royalbaby" trending globally on Twitter.

The couple's first child will be third in line to take the throne — leapfrogging the gregarious Prince Harry and possibly setting up the first scenario in which a U.K. female heir could benefit from new gender rules about succession.

Palace officials would not say how far along the 30-year-old duchess is, only that she has not yet reached the 12-week mark.

The palace said the duchess was hospitalized with hyperemesis gravidarum, a potentially dangerous type of morning sickness where vomiting is so severe no food or liquid can be kept down. They said she was expected to remain hospitalized for several days and would require a period of rest afterward.

The condition is thought to affect about one in 200 pregnant women, but Gaither said less than one per cent of women with the condition need to be hospitalized.

The news came just days after the duchess, on a royal appearance, was playing field hockey with schoolchildren at her former school.

William is second in line to the throne after his father, Prince Charles, so the couple's first child would normally become a monarch — eventually.

The confirmation of Kate's pregnancy caps a jam-packed year of highs and lows for the young royals, who were married in a lavish ceremony at Westminster Abbey last year.

They have travelled the world extensively as part of the Queen's Diamond Jubilee celebrations and weathered the embarrassment of a nude-photos scandal, after a tabloid published topless images of the duchess. THE ASSOCIATED PRESS

Potentially dangerous

Uncommon illness

While morning sickness in pregnant women is common, the problem the Duchess of Cambridge has been hospitalized with is not.

"It's not unusual for pregnant women to get morning sickness, but when it gets to the point where you're dehydrated, losing weight or vomiting so much you begin to build up (toxic) products in your blood, that's a concern," said Dr. Kecia Gaither, director of maternal fetal medicine at Brookdale University and Medical Center in New York.

Hyperemesis gravidarum tends to be more common in young women, in non-smokers, in women who are pregnant for the first time and in those expecting multiple babies.

Doctors aren't sure what causes it, but suspect it could be linked to hormonal changes or nutritional problems. Gaither said the condition usually subsides by the second trimester.

L.A. landlord's act of kindness goes viral

A landlord in California has paid it forward with an act of Christmas kindness.

The landlord, identified only as Joel, posted a notice telling tenants in his Los Angeles building to reduce their December rent cheques by $70 and encouraged them to use the money to buy a gift for someone special.

This is not the first time he has done it, either.

"For so many years now, we have had a tradition of helping people a little during this last month of the year when people start getting ready for Christmas," the landlord wrote.

A Reddit user, using the screen name "mikeoley," posted a photo of the notice on the popular online forum Thursday with the heading "Good guy landlord."

By Monday, the post had more than 600 comments.

"Mikeoley" is Mike Olejarczyk, 32, who works for PlayNetwork in L.A. as a motion graphics artist.

His roommate brought the note in along with another note that their garbage disposal was going to be fixed.

Quoted

"It's hard enough to find a nice place to live in this city. Finding one with management who cares about their tenants as well simply blows my mind."

Tenant Mike Olejarczyk

"We were both blown away by the (landlord's) generosity," Olejarczyk told Torstar News Service.

"It's pretty remarkable because we've only lived at the unit since the middle of October."

He has never met Joel, but he has a building manager named Nancy who lives in the small 12-unit complex and "she's equally as nice."

With the savings, he plans on "buying Joel and Nancy a small gift to show my gratitude." TORSTAR NEWS SERVICE

An L.A. landlord identified as Joel has told tenants to reduce their rent cheques by $70 in December and buy a gift for someone special. ISTOCK IMAGES

Trudeau feeling the heat for gun registry comments

Firearms policy.
Projected Liberal front-runner accused of flip-flopping as divisive debate re-ignites

Justin Trudeau scrambled to explain his stance on gun control Monday as the Liberal leadership candidate took flak from opposing sides on the divisive issue.

The presumed Liberal front-runner tried to mollify both sides of the debate, rekindled over the weekend by his description of the long-gun registry as a failed policy.

Trudeau spent a news scrum with reporters handling one of the first divisive policy debates to have erupted during his campaign.

He explained that he hadn't actually flip-flopped on the gun registry.

Liberal leadership candidate Justin Trudeau on Monday.
THE CANADIAN PRESS

In fact, Trudeau said, he always supported it, and still does support it in principle. But he said now that it's gone it's too divisive to try bringing it back.

In the next breath, however, Trudeau added that he supports Quebec's effort to bring it back in that province because he said the measure is not divisive there.

Finally, he explained why the long-gun registry fit his definition of a "failed" public policy.

"I voted to keep the firearms registry a few months ago and if we had a vote tomorrow I would vote once again to keep the long-gun registry," Trudeau told reporters.

"However, the definition of a failed public policy is the fact that the long-gun registry is no more. The fact is, because it was so deeply divisive for far too many people, it no longer exists."

Trudeau said he would rather spend the next three years before the federal election trying to find evidence-based policies that will unite Canadians and not divide them.

THE CANADIAN PRESS

Response to UN vote

Canada mutes criticism of Israeli settlement plans

Canada is standing apart from its major allies, the U.S. included, in refusing to condemn Israeli plans for new settlements in areas claimed by the Palestinians.

On Friday, Israel announced plans to build 3,000 settler homes in the West Bank and east Jerusalem to punish the Palestinians for winning greater recognition at the United Nations General Assembly the previous day. THE CANADIAN PRESS

Suspected arson

Purported ex-spy's house torched in suspicious fire

A fire has ravaged the home of a Montreal man with a colourful past as a self-described Israeli spy and purported international arms broker.

The police arson squad is investigating the fire that gutted the upscale Westmount home of Ari Ben-Menashe.

Police say a suspect was seen fleeing the scene before the fire erupted.

THE CANADIAN PRESS

A community grieves

Nancy Latraverse places flowers in front of a house in Drummondville, Que., where three young siblings — two girls, aged two and five, and their four-year-old brother — were found dead late Sunday. Police had still not said by Monday evening how the children died.

PAUL CHIASSON/THE CANADIAN PRESS

Judge scoffs at abusive coach's latest argument

Graham James. Crown appealing former hockey coach's sentence after sexual-abuse convictions

A Manitoba Court of Appeal judge bristled Monday at suggestions disgraced former hockey coach Graham James ever thought he had "loving" relationships with the players he abused.

James is already eligible to ask for full parole and will be eligible for statutory release next summer, if his sentence remains unchanged.

He pleaded guilty earlier this year to sexually abusing NHL star Theo Fleury and his younger cousin Todd Holt when they played for him. James was a respected coach in the Western Hockey League in the 1980s when the abuse took place.

Graham James THE CANADIAN PRESS FILE

The Crown appealed the sentence and argued Monday that four years would have been more appropriate.

James's lawyer Evan Roitenberg said the two-year sentence should stand, suggesting it is too harsh.

At trial, Roitenberg had argued for no jail time and said he still thinks that would be fair given the circumstances of the case.

Roitenberg said James had an "epiphany" while in counselling after he was first jailed and realized what he had done to his victims. Until then, he thought they were in loving relationships.

That was too much for Appeal Court Justice Al MacInnes, one of the three on the panel hearing the case.

"For me, you are pushing a big rock up a steep hill if you want me to accept that," said the judge, who noted James threatened players to keep them from exposing him.

MacInnes made it clear that if it had been up to him, the sentence would have been stiffer.

THE CANADIAN PRESS

Newest addition to the Supreme Court

Justice Richard Wagner is sworn in by Registrar of the Supreme Court of Canada Roger Bilodeau during his official welcoming ceremony at the Supreme Court of Canada in Ottawa on Monday. (The red gown and fur trims may seem seasonally appropriate, but are in fact part of the standard ceremonial outfit.) Wagner, 55, was appointed earlier this fall by the Conservative government. He is the middle child of former Quebec Liberal cabinet minister and one-time federal Conservative leadership candidate Claude Wagner. SEAN KILPATRICK/THE CANADIAN PRESS

Barista homicide. Alleged kidnapper, serial killer found dead in Alaska jail

A man who apparently committed suicide in an Alaska jail while awaiting trial in the death of an Anchorage barista also killed a Vermont couple last year after travelling across the country looking for someone to kidnap and murder, authorities said Monday. He may be linked to five other possible slayings around America.

Israel Keyes, 34, was to stand trial in March in Anchorage federal court for the death of an 18-year-old who was abducted from a coffee kiosk in the city last February. He was later arrested in Texas after using the victim's debit card.

Keyes was found dead in his cell Sunday. THE ASSOCIATED PRESS

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Nielsen research

TV viewers are increasingly social

Television viewers are becoming more active while watching now, judging by the findings in a new report that illustrates the explosive growth in the number of people who watch TV while connected to social media on smartphones and tablets. The Nielsen company said that one in three people using Twitter in June sent messages at some point about the content of television shows, up 27 per cent from five months earlier. THE ASSOCIATED PRESS

Market Minute

DOLLAR
100.51¢ (-0.13¢)

TSX
12,169.74 (-69.62)

OIL
$89.09 (+18¢)

GOLD
$1,721.10 US (+$8.40)

Natural gas: $3.59 (+3¢)
Dow Jones: 12,965.60 (-59.98)

Starbucks accused of grande-sized tax dodge

Britain. Legislators want Parliament to clamp down on multinationals that exploit U.K. tax laws

British lawmakers on Monday accused major multinational companies including Starbucks, Google and Amazon of immoral tax avoidance, while Starbucks announced it is reviewing its British tax practices in a bid to restore public trust.

Parliament's public accounts committee said the government should "get a grip" and clamp down on multinationals that exploit tax laws to move profits generated in Britain to offshore domains.

"Global companies with huge operations in the U.K., generating significant amounts of income, are getting away with paying little or no corporation tax here," said Labour legislator Margaret Hodge, who chairs the all-party committee. "This is outrageous and an insult to British businesses and individuals who pay their fair share."

A man walks out of a Starbucks in west London on Monday. British lawmakers want to clamp down on multinational corporations, including Starbucks, that they say are guilty of exploiting tax laws. THE ASSOCIATED PRESS

As the British economy splutters amid Europe's economic crisis, and the government slashes spending in a bid to curb the deficit, public anger has grown against companies that pay little tax while making large profits.

Companies operating in Europe can base themselves in any of the 27 European Union nations, allowing them to take advantage of a particular country's low tax rates.

Google has picked Ireland and Bermuda as its main bases, while coffee chain Starbucks has its European base in The Netherlands and pays British tax only after transferring large sums in royalties to its Dutch headquarters.

Hodge said executives from the three companies had been "unconvincing and, in some cases, evasive" when they appeared before the committee last month to explain their tax regimes. And she accused Britain's tax agency of being "way too lenient" in dealing with multinationals.

Starbucks, whose outlets have been targeted by the protest group U.K. Uncut, said in a statement that it had "listened to feedback from our customers and employees, and understand that to maintain and further build public trust we need to do more." THE ASSOCIATED PRESS

By the numbers

$2.9M

The committee said online retailer Amazon paid $2.9 million in British tax in 2011, on turnover of about $331 million.

Clash about increased web regulations overshadows UN Internet conference

The UN's top telecommunications overseer sought Monday to quell worries about greater Internet controls emerging from global talks in Dubai, but any attempts at major web regulations will likely face stiff opposition from groups led by a high-powered U.S. delegation.

The 11-day conference, seeking to update codes last reviewed when the web was virtually unknown, highlights the fundamental shift from tightly managed telecommunications networks to the borderless sweep of the Internet.

Some at the Dubai conference, including a 123-member U.S. delegation with envoys from tech giants such as Google Inc. and Microsoft Corp., worry that any new UN oversight could be used by nations such as China and Russia to justify further tightening of web blocks and monitoring.

"Love the free and open Internet? Tell the world's governments to keep it that way," said a message on the main search page of Google.com with a link for comments directed to the Dubai conference, which opened Monday.

The agenda for the gathering of more than 1,900 participants from 193 nations covers possible new rules for a broad range of services such as the Internet, mobile roaming fees and satellite and fixed-line communications. Questions include how much sway the UN can exert over efforts such as battling cyber-crimes and expanding the Internet into developing nations. THE ASSOCIATED PRESS

Dubai, shown in this file photo, is the site of global talks that some fear could impose more controls on the Internet. THE ASSOCIATED PRESS FILE

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REAL CHEMISTRY DOESN'T COME FROM A TOUCH SCREEN

SHE SAYS...
Jessica Napier
metronews.ca

My boyfriend has no patience for texting. When he wants to talk he won't hesitate to pick up the phone and call me. This more traditional approach puts him in the same category as my grandparents and my dentist and it drives me crazy. Frankly, I just don't have enough daytime minutes to carry out my relationship verbally.

For modern couples who have grown up in the age of cellphone dependency, there's no separating technology from the relationship. Texting — which is far less intrusive than an actual phone call and has the added benefit of being more affordable — has become our preferred method of communication.

Communication conundrum

An unanswered text can turn the sanest individual into a panicking ball of neurosis.

Last month, Virgin Mobile Canada released a new study on how smartphones are changing the dating habits of men and women across the country. According to the survey, 40 per cent of Canadians aged 18 to 34 believe that texting has made their love life better.

We're relying on our pocket technology more than ever to negotiate new relationship terrain and, in turn, creating a whole new set of issues for ourselves. We consult friends to help interpret cryptic texts, judge potential suitors on their grammar and agonize over our response time — a too-quick reply can take you from looking interested to looking desperate. Excessive emoticon use — especially that ambiguous tongue-out smiley face — can lead to serious confusion about the meaning of our words. And, worst of all, an unanswered text can turn the sanest individual into a panicking ball of neurosis.

There's no doubt that smartphones can make courtship infinitely more complicated, but they also allow us to be bolder with one another and more expressive than we might be face-to-face. Sexting is often thought of as the pastime of hormonal teenagers, but plenty of grown-ups exchange racy texts as a way to test the new relationship waters before actually diving in.

But if your new beau is sending virtual flower bouquets and emoji kisses before (or instead of) trying out the real thing, isn't that a bit disenchanting? And how do you know that he or she isn't just copying and pasting flirtatious iMessages between multiple women?

There's always going to be an element of casual detachment when it comes to mobile messaging. So while sending a few coy texts might be less intimidating than saying what you mean out loud, nothing can replace those in-person moments at the start of a new relationship.

Follow Jessica Napier on Twitter @MetroSheSays

The world saw the 20th anniversary of the text message Monday. The milestone reminds us of the correlation between the rise of SMS and digital delirium. FLICKR: JHAYMESISVIPHOTOGRAPHY

I Sphinx you can eat it

BEBETO MATTHEWS/THE ASSOCIATED PRESS PHOTOS

This is sweet news

N.Y.C. hosts delectable competition

The Sphinx, a gingerbread creation from North End Grill, is on display in the lobby area of Le Parker Meridien hotel in New York City.

The landmark-inspired creation is being exhibited with other over-the-top gingerbread houses from city restaurants in the fourth annual display to benefit City Harvest, a food-rescue organization for feeding the needy.

Visitors can buy one ticket for $1 or eight for $5 to vote on their favourite landmark. THE ASSOCIATED PRESS

Chichen Itza, a gingerbread creation from Butterfly Bakeshop, will be on display with the rest of the landmarks at Le Parker Meridien until Jan. 3.

Nom nom nom

This ain't your mother's gingerbread

Out of the kitchen and into the hotel lobby: Gingerbread houses have gone from being a homemade project done with mom to professional exhibits designed by pastry chefs and sometimes even architects.

The fundraiser is just one of many gingerbread showcases going on across the country. A few extravaganzas raise money for charity, while some include contests for home bakers.

Susan Matheson, co-author of the book The Gingerbread Architect: Recipes and Blueprints for Twelve Classic American Homes, says these types of professional gingerbread creations "are elaborately detailed, spellbinding constructions that must require an army of pastry chefs, historians, engineers and consulting experts. The results can elevate the craft to a high art form that transports the viewer into an ethereal miniature fairy world." But Matheson doesn't approve of glue guns or other non-edible components: "It's 100 per cent digestible or count me out." THE ASSOCIATED PRESS

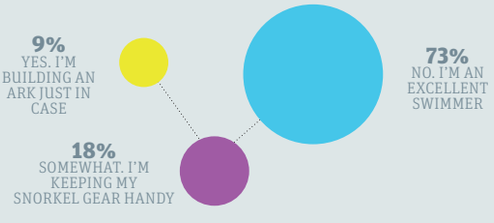
Online

See the whole gingerbread spread at metronews.ca.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you fear rising sea levels?



Twitter

@BrentButt: First person the Pope followed on his Twitter account...? @toddbarry.

@grahamclark: A present giving robot, the gift that keeps on giving.

@ctvperry: Davis Cup tennis in February, Spain vs Canada sold out today in 80 mins. #daviscup #vanlovestennis

@michaelgeller: So ironic! First challenge for @christyclarkbc communications advisors is to calm negative news stories resulting from their hiring!

@AIDSVancouver: @HedyFry Thank-you for joining us on #WorldAIDSDay for our Free Hugs event! Spread the love, Stop the Virus!

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DVD review

The Dark Knight Rises

Director. Christopher Nolan

Stars. Christian Bale, Tom Hardy, Anne Hathaway

●●●●●

This Knight not only rises, it also cuts deep — not just as spectacular entertainment but also as harrowing drama. Fear is in the eyes of both hero and villain in this concluding chapter of Christopher Nolan's outstanding Batman origin trilogy. Human frailty and realistic threats of nuclear and economic destruction are woven into the densely layered saga co-written by Nolan with his brother Jonathan and David S. Goyer. It's eight years after the traumatic events of The Dark Knight (2008), and Batman is for all intents and purposes no more. He's been outlawed and ostracized in Gotham City. Wrongly blamed for the demise of Gotham's public defender Harvey Dent, a lie that even trusted ally Police Commissioner Gordon (Gary Oldman) is unhappily and politically obliged to maintain, Batman — or rather his alter-ego Bruce Wayne (Christian Bale) — hides inside stately Wayne Manor. But a new threat has emerged: a super terrorist by the name of Bane (Tom Hardy). Bane plans to weaponize a nuclear fusion device that Wayne Enterprises developed for peace. Anne Hathaway intrigues and wows as cat burglar Selina Kyle, a.k.a. Catwoman. Marion Cotillard makes less noise as Gotham tycoon Miranda Tate, but she fits very well into the film's intricate puzzle. So too does Joseph Gordon-Levitt.

PETER HOWELL

In Silver Linings Playbook, Robert DeNiro plays Pat Solitano Sr., the patriarch of a family of diehard Philadelphia Eagles fans. HANDOUT

What about the story from the sidelines?

Silver Linings Playbook. Football tales seem to focus on the gridiron action — this film looks at the lives of the fans

In David O. Russell's Silver Linings Playbook, Bradley Cooper plays an unstable former teacher trying to improve himself after exiting a mental institution. When his character, Pat Solitano, consults his otherwise level-headed psychiatrist Dr. Cliff Patel (Anupam Kher) on whether a Philadelphia Eagles' jersey is appropriate attire for a dinner party, Patel questions which jersey. On hearing that it's star wide-receiver DeSean Jackson, he responds unequivocally:

"DeSean Jackson is the man."

This is Philadelphia, where undying loyalty to the local NFL team — "the Birds" — is everywhere, even in the sensitive relations between therapist and patient.

As large a role as football plays in American life, Hollywood has typically focused its cameras on the field of play, where the dramatics of gridiron battle are self-evident. But Silver Linings Playbook, which was recently nominated for five Spirit Awards and is widely expected to be a best picture Oscar contender, is more interested in the face-painters in the stands.

The annals of pigskin pictures have ranged from the hijinks of Groucho Marx (Horse Feathers) to the inspiration of a newcomer to the sport (The Blind Side). Football in movies has been a regular source of hard-knock action (Any Given Sunday), manly tragedy (Brian's Song, Remember the Titans) and underdog triumph (Rudy).

But along with Silver Linings Playbook, a handful of films have sought to capture the fanatical passion — both the communal spirit and the toxic obsession — that grips millions of households and acres of parking-lot asphalt every Sunday this time of year.

In Vincent Gallo's Buffalo '66 (1998), Gallo drew from his own childhood in the upstate New York City, playing a man named after the hometown team (Billy), with lifeless parents glued to the TV screen for Buffalo Bills games. A lost bet on a crucial game cost Billy $10,000 and put him in jail. On his exit, he's bent on avenging the guilty place kicker, a fictionalized version of a real-life Bills scapegoat, kicker Scott Norwood.

Big Fan (2009), written and directed by Robert D. Siegel (who also wrote The Wrestler), depicted a die-hard New York Giants fan (Patton Oswalt) whose devotion is tested when he's brutally assaulted by his favourite player.

The 2004 film Friday Night Lights, and the subsequent TV series, sought to portray a football-mad Texas town, where the sport reverberated in nearly all that was good — and all that was bad — in Dillon, Texas.

These movies all share in the spirit of Frederick Exley's classic 1968 fictional memoir: A Fan's Notes. The Giants-loving author wrote: "Cheering is a paltry description. The Giants were my delight, my folly, my anodyne, my intellectual stimulation. ... I gave myself up to the Giants utterly. The recompense I gained was the feeling of being alive."

It was that kind of intensity that interested Russell, whose last film, The Fighter, captured the boxing community of Lowell, Mass.

"What makes characters fascinating in a funny and an emotional way to me is when they have life and death stakes about their particular currency," the director says.

THE ASSOCIATED PRESS

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Hollywood should read these titles

From bestseller to blockbuster? In light of Jack Reacher's screen debut, here are a few other books that might make great films

STEVE GOW
scene@metronews.ca

With Tom Cruise hitting theatres as the beloved book series-turned blockbuster Jack Reacher in December, it'll mark the first time Lee Child's popular ex-military cop of 16 novels has seen himself adapted for the big-screen.

While fans will surely get their fix, we wondered what other longtime crime-novel characters Hollywood has yet to mine for movie magic.

Here are few fictional characters that haven't yet made it to the big screen.

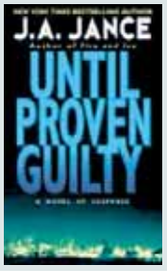
UNTIL PROVEN GUILTY

Character: Homicide Detective J.P. Beaumont

Author: J.A. Jance

Why it works: Based on Jance's first husband, Beaumont is an alcoholic, divorced father of two who lives off junk food and whiskey. According to her website, her characters are "people first and police officers second," a Hollywood sound bite if ever there was one.

Wealth of material: Twenty one novels starting with 1985's Until Proven Guilty.



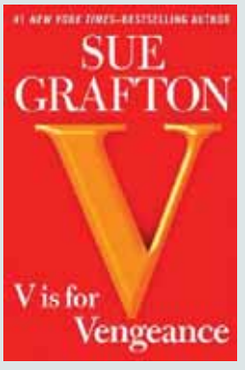
V IS FOR VENGEANCE

Character: Kinsey Millhone

Author: Sue Grafton

Why it works: Orphaned at age five, Millhone is a former tough-as-nails cop that struck out on her own. Based on Grafton herself, the character is blue-collar, rebellious and very popular in the Alphabet book series.

Wealth of material: Plenty. But even though 22 novels (including her latest, V is For Vengeance) exist, Grafton claims that she'll never sell out to Hollywood.



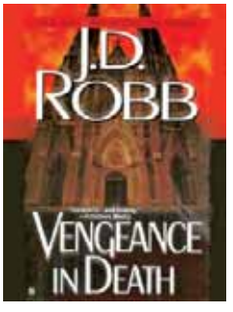
IN DEATH SERIES

Character: Lieutenant Eve Dallas

Author: J.D. Robb a.k.a Nora Roberts

Why it works: Set in a dystopian future, Eve Dallas is a cop that has no memory of her past before being found in an alley at age eight. Known more for her romance novels, Roberts combines crime and passion in a genre that could benefit from a more feminine touch.

Wealth of material: Roberts is nothing if not prolific. With more than 30 books in the In Death series alone, Tinseltown should really take notice.



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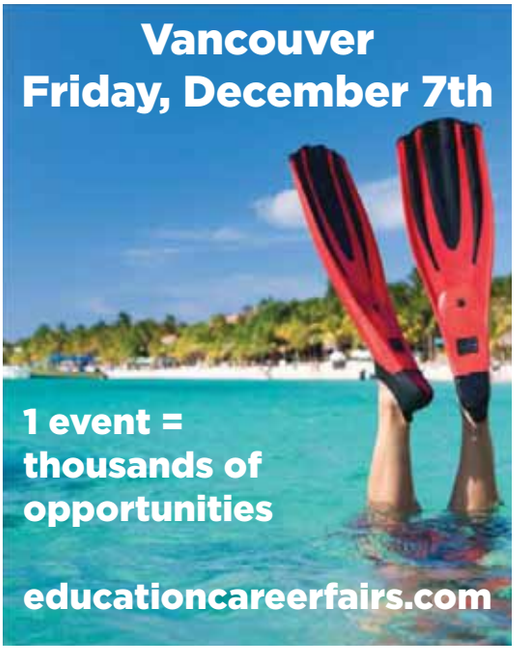
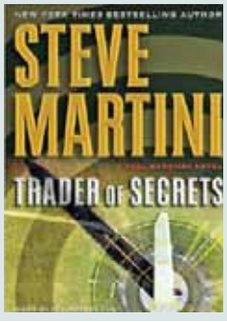


Tom Cruise stars in Jack Reacher, which hits theatres Dec. 21. HANDOUT



TRADER OF SECRETS

Character: Defense Attorney Paul Madriani

Author: Steve Martini

Why it works: With two previous TV mini-series behind it (including 2001's The Judge starring Chris Noth), Martini's brilliant character seems ripe for the big screen. Plus, his irascible sidekick Harry Hinds is Madriani's antithesis of what Watson is to Sherlock Holmes.

Wealth of material: Twelve bestsellers, including last year's Trader of Secrets.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Nothing stops Heidi from getting her Halloween on

THE WORD
Dorothy Robinson
scene@metronews.ca

A divorce and a hurricane wasn't going to keep Heidi Klum from dressing up in 2012. When her annual New York City Halloween party (which she used to host with soon to be ex-husband Seal) was cancelled this year because of Hurricane Sandy, the model decided to transform her party into a Haunted Holiday Party — and have Saturday's party benefit relief efforts.

"Putting the outfit on only took five minutes, but gluing all these hundreds of stones on my face took a little longer," she said about her jewel-encrusted face and Cleopatra costume, which she wore among such celebrities as Jay Manuel, Questlove, Russell Simmons and Sandra "Pepa" Denton of Salt & Pepa. Despite the intricate costume, she swore to a group of reporters, including Metro, that she was comfortable. "I'm on flat feet," she pointed to her boots. "I'm not on heels, so that's awesome."

Even though she's still reeling over her rather ugly split with Seal, with whom she has four children, she's not letting it ruin her Christmas plans.

"This year we're just going to stay home," she says about how she plans on spending the holidays with her kids. "I'm excited to just sit in front of the fireplace and drink hot cocoa and watch them play with their new toys, just to be in the house and enjoy not doing much."

Feuding stars make promises of peace

This might not be the biggest shocker considering the recently signed custody agreement between Halle Berry and Gabriel Aubry, but Olivier Martinez has reportedly dropped his criminal complaint against Aubry for their bloody Thanksgiving brawl, according to Radar Online.

"Olivier informed the LAPD and the Los Angeles City Attorney's Office that he was no longer interested in pursuing criminal charges against Aubry," a source says. "Aubry and Berry worked out a confidential settlement last week that included specific language about how none of the parties — Halle, Gabe or Olivier — would pursue criminal charges against one another.

All sides managed to agree to satisfactory terms with the focus being on ending the mayhem for the sake of Halle and Gabriel's daughter, Nahla."

Adam Levine ALL PHOTOS GETTY IMAGES

Levine boos Honey: F-bombs fly the way of famous family

Adam Levine may have found a new avenue for success as a reality TV judge on The Voice, but that doesn't mean he's a fan of other kinds of reality television. Quite the opposite, actually. "Seriously, Honey Boo Boo is the decay of Western civilization. Just because so many people watch the show doesn't mean it's good," Levine tells GQ magazine. "It's complete f—ing ignorance and the most despicable way to treat your kids.

Not impressed

"It's complete f—ing ignorance and the most despicable way to treat your kids."

Adam Levine on TV show Honey Boo Boo

F— those people. You can put that in the magazine. F— those idiots. They're just the worst."

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How Adriana got the body of an angel back

Victoria Secret show. Adriana Lima shares how she got back into show shape after having a child

ROMINA MCGUINNESS
Metro World News

Last month, Brazilian beauty Adriana Lima opened the Victoria's Secret Fashion Show, which airs on Global tonight at 10 p.m ET/PT, eight weeks after giving birth to her second child.

She opens up to Metro about the "nightmare" gym sessions, sparring herself into shape and how she celebrated getting into the skimpy lingerie with a cupcake — but just one.

The Victoria Secret show is airing on Global tonight at 10 p.m. ET/PT. GETTY IMAGES

It seems like hell getting ready for the show. How do you girls cope with the pressure?
One thing I need to get straight — I've never felt pressure from either Victoria's Secret or my agency. No one pressured me to get ready for the show this fast. It's a decision I made on my own. It was one of the most difficult things I've ever done because you're dealing with nature.

You do what you need to do to get ready, but after having a baby you really don't know how your body is going to react.

Sounds stressful. How did you react on the big day? Did you down shots of vodka backstage?
I get nervous before every single show. I thought that feeling would go away but it never did. Plus this year I was opening the show, which is a big responsibility as everybody kind of follows your mood. But every girl has a different way of expressing her nervousness. I don't like talking so I just listen to music — anything by Eminem, Rihanna, Kings of Leon, Rock and Roll by Led Zeppelin and Heartbeats by The Knife.

Did getting ready for the show give you nightmares? Did you dream you were being attacked by giant candy bars?
No. It was more during the day, when I had to go to the gym — that was my nightmare. Don't get me wrong, I really love exercise, but it's not easy. The actual workout — it's tough you know. You need a lot of determination in order to do it every single day. Every minute of every workout counts and this year, I wasn't sure if I was going to make it or not.

Models Cara Delevingne and Jourdan Dunn (both in the Victoria's Secret show with Adriana) reportedly ate pizza and KFC hours before the show. Would you want to scream if they ate in front of you, or join them?
Ha! I'm a little bit older than them. But regardless of age, I'm really aware of the fact that you are what you eat.

Are you saying they're going to turn into a giant pizza or a chicken wing?
Maybe not right now, but they're going to see the results in the future, when they get old. It depends what they eat, but they may have problems with cholesterol or diabetes, I don't know. I just like to eat healthy. I have two children and I'm concerned about their health. I'm their example. I don't want my three year old asking me, "Mama, I want chocolate for lunch."

Cake is festive, it's not something you should eat everyday.

What's the first thing you did when the show ended? Run backstage, take off that lingerie and demolish a cheeseburger?
No. But I did have a cupcake. Once in a while, I do eat these things, you know. I just don't do it every day. Even now that the show is over, I'm still working out and eating healthy. It's my job.

There are a lot of rumours out there that Victoria's Secret models literally starve yourselves in order to get ready for the show. You also shared sweaty pictures of yourself on Twitter to show how hard you were working out. How did you really go about it?
I'd just had a baby, so I had to do everything in a healthy way in order to best take care of myself and my body. I never do things on my own — I have a nutritionist and a personal trainer. I don't want to have any problems.

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The comfort of carrots and sweet potatoes in a casserole

This recipe makes six servings. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

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rosereisman.com

If you can find fresh sweet pineapple, use it instead of the canned stuff. You're getting a double blast of beta carotene from the sweet potatoes and carrots.

1. Preheat the oven to 350 F. Spray a 9 by 13-inch baking dish with cooking oil.

2. Place the sweet potatoes and carrots in a saucepan and cover with cold water. Bring to a boil. Cook for 7 minutes at a boil, or until tender. Drain.

3. Toss the sweet potatoes and carrots with the pineapple and cranberries. Place in the prepared baking dish.

4. Combine the brown sugar, juice concentrate, oil, molasses and cinnamon in a small saucepan. Cook over medium heat, stirring frequently, for 1 minute or until melted and smooth.

Ingredients

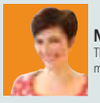
- 1 lb sweet potatoes, peeled and cut in 1/2-inch rounds
- 1 lb carrots, thinly sliced into rounds
- 11/4 cups fresh or drained canned pineapple chunks or diced apples
- 1/2 cup dried cranberries
- 1/3 cup packed brown sugar
- 3 tbsp orange juice concentrate
- 1 tbsp vegetable oil
- 2 tbsp molasses
- 1 1/2 tsp ground cinnamon
- 3 tbsp chopped toasted pecans
- 1/4 cup chopped fresh parsley
- 6 thin slices apple

5. Pour the sauce over vegetables. Cover and bake for 15 minutes, or until heated through. Remove from the oven and toss the vegetables. Sprinkle the pecans overtop. Garnish with the parsley and sliced apple.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

To sweet or not to sweet



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Oh yes, sweet potatoes are good for you, and in some cases, even better for you than white ones.

But don't be so sure you want to go all gung-ho on the switch. Mashed sweet potatoes can be just as rough on your calorie count as whites; it all depends upon how they are prepared.

Fries: Weight Watchers has both sweet potato and regular fries at around 500 calories per serving and 13 or 14 points.

Mashes: One cup of mashed sweet potatoes is 258 calories while 1 cup of mashed white with butter and milk is 237 calories.

Any way you slice it, the method of preparation matters far more than which potato you choose. No doubt sweet potatoes have more vitamin A and fibre in the pulp (eat the skins of white potatoes and they come closer!). In the end, choosing only a teeny tiny portion or baked "fries" instead of deep fried finger food is a better bet. Limiting the butter, milk or sugar (or marshmallows... for Pete's sake!) that is used in the mash is wisest.

Baked: Sweet potatoes are your best bet. Keep butter to a teaspoon and enjoy one cup (about half a potato) guilt free! Any leftover baked sweet potatoes can be turned into yummy muffins in a snap. You can check out a great Sweet Potato Muffin recipe at: myfriendinfood.com/2011/05/02/sweet-potato-muffins/

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Is everything fine between your kid and canine?

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Safe introduction.
Allow your pet time and space to become accustomed to your child

MARY SHELL
Metro World News in New York

Whether you are bringing your new baby home to meet your dog for the first time, or thinking about adopting that dog your kids have been asking for, there are some basic ways to safely introduce kids and canines. We spoke with Jennifer Shryock, a certified dog behaviour consultant and founder of Family Paws Parent Education, about how to make a smooth transition.

Never force interaction between a dog and a child.
Pay attention to your dog's body language to determine if the dog is engaging with the situation or tolerating it. Shryock recommends allowing your child to pet the dog a couple times and then stop. Wait to see if the dog is interested in continuing the interaction.

Have reasonable expectations for your dog.
Parents often think a dog should put up with a baby crawling near the animal at eye level and reaching and grabbing. "You can't let (a) toddler freely explore the dog," Shryock says. A new dog will have a tolerance limit for your kids, and it's important to recognize that limit and provide the dog with a quiet area to retreat to when the interaction might become too much.

Instruct your kids not to crowd the dog or carry it around.
Instead, create safe, supervised activities for your toddler and your dog. This might be dropping a treat in the dog's crate or filling up the food and water bowls together. No matter what you do, Shryock always recommends total supervision.

If you're expecting
Get to know your dog better during your pregnancy and use that time to reinforce basic training. Study your dog's body language and learn to identify triggers that stress or upset your dog, so you know how to protect your pet from these situations.

Build the relationship
The best way to cultivate a good relationship with your dog and your new baby is to make sure your dog observes and participates in positive, daily routines with you and your baby. Never force your dog to check out the baby. Instead, invite him or her to sit next to you while you hold the new addition.

Make a list, check it twice: Money comprehension skills

Alison On Money. The gift list — it will help guide you during the hectic shopping season

YOUR MONEY
Alison Griffiths
money@metronews.ca

Last week I saw a weary Dad slumped in a mall chair, coffee gripped in one fist. He smiled weakly when I sat down nearby. "I thought starting Christmas shopping early might make it easier," he said. "Wrong!"

He planned to accompany his three children into the stores. But two hours later, with few presents purchased, he was done. The problem was preparation.

All three kids lacked an essential item — the almighty list. It seems like such a simple thing, but is a fundamental part of financial planning. After all, how can you create priorities if you don't have a list to guide you?

Those who learn to make and follow them when they're young will find that the structure provides benefits into adulthood.

There's a body of research pointing to the importance of earmarking for saving. Targeting certain sums for a specific saving purpose increases the success rate.

List making is the kissing cousin of earmarking. For example, writing down or typing: Jared–Skylanders Giants Chop Chop $14.95, decreases the likelihood that a child will get distracted and overspend.

Even teens can get into list making. Apps such as Santa's Little Helper (Apple), Gifters (Apple) and Christmas Gift List Planner (Android) will keep them on track.

The younger ones love it if you add a few fun touches. Kids who aren't writing can cut and paste pictures of what they want to buy or make. Then a family member can help them with price.

Increase your savings success rate by making a list. ISTOCK IMAGES

Don't worry if their money comprehension skills aren't quite there yet. Just knowing that an item costs a certain amount and is affordable or not is a big step.

A five-year-old child of a neighbour listed what she wanted to buy her Dad — toenail clippers and a new car. Mom said, okay, you can afford the clippers but not the car. The daughter decided to buy a toy car and promise a real one when she grows up.

Making gift lists puts kids in charge and gives them responsibility. They won't always be successful in sticking to either the list or their budget (who is?) but the process teaches lessons for a lifetime.

Oh yes, the list also takes the pressure off mom and dad. That alone is reason enough.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Activities for $10 or less

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

The holiday season is in full swing and everywhere you turn the sound of cash registers, credit and debit machines chime a tune of heavy spending on gifts and other festive activities.

This year, most Canadians are expected to spend nearly $650 throughout the holidays (based on the Ipsos poll conducted in November of 2011).

What if you could spend a lot less, have more fun and avoid a hefty credit card balance when January rolls around? Free outdoor activities await you and your family this holiday season.

Rather than heading to the ski hill, grab your skates or borrow snowshoes from a neighbour and enjoy the outdoors. If you bundle up, you could head out to a winter hiking trail with your friends or enjoy an outdoor campfire.

One evening, fill your travel mug with hot cocoa and tour outdoor light displays throughout your neighbourhood.

Find out what's happening in your community. Low to no cost choir performances and plays are put on at local community centres, malls and churches. Attending these events is a great way to support the arts and your friends who may be actively involved.

Rather than heading out to the theatre, download Netflix and watch unlimited movies at home for $8 per month. Or, pay nothing and borrow films from the library.

Keep watch for coupons for the local zoo, craft fair, recreational facilities and heritage sites. Visiting tourist locations in your community in the off-season can save you a bundle and it's a great way to discover hidden gems right in your backyard.

Host a party where everyone brings their favourite appetizer and drink. Add the challenge that each person has to do this for $10 or less. I guarantee the results will be creative, surprising and interesting. Volunteer with a group of friends to pack food hampers, help out at the community centre or fix up your local playground.

This is a great way to spend time and it's a healthy reminder of how important it is to give back.

A fantastic holiday season awaits you. Save your money and enjoy it.

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metro
LEARNING CURVE
Tuesday, December 4, 2012

Simon Fraser University student Michael Cheng, founder of WittyCookie, was recently presented with the city of Surrey's 2012 student entrepreneur of the year award. CONTRIBUTED

SFU student wins prestigious award

DANIEL HENDRIKSEN
For Metro

A Simon Fraser University (SFU) student was recently named the city of Surrey's 2012 student entrepreneur of the year.

Michael Cheng, founder of WittyCookie, was presented with the award on behalf of the Surrey Board of Trade during the city's Business Excellence Awards banquet on Nov. 15. The awards are determined by criteria such as strategic development, leadership and overall business performance.

WittyCookie is a Vancouver-based web design company that focuses on making web services more affordable and streamlined for small businesses.

"We've worked to build amazing websites for hundreds of small business owners who would never have otherwise been able to afford a great site," Cheng said in a press release.

WittyCookie offers its customers small monthly payments unlike many other web designers, which charge one large sum, often with a large deposit. Details like that have afforded WittyCookie its success. According to Cheng, he plans to introduce WittyCookie to international markets after graduation.

The entrepreneur of the year isn't Cheng's first award from the city of Surrey — earlier this year, he received a Surrey Board of Trade top-25 under-25 award after creating SFU's inaugural TEDx-SFU.

Kwantlen student receives journalism award

Hayley Woodin, a fourth-year Kwantlen Polytechnic University (KPU) student, was recently presented with a prestigious journalism award.

Woodin was one of four B.C. students to be honoured with a Jack Webster Student Journalism Award at the Hyatt Regency hotel in Vancouver. She was also one of three students to win a $2,000 scholarship towards her tuition.

The Jack Webster awards are presented in honour of Webster's legacy of insightful, accurate and uncompromising reporting from his more than 40 years of print, radio, and television journalism.

"I have attended the Webster Awards ceremony almost every year since I started at Kwantlen, but being honoured at them alongside such talented students and accomplished journalists is quite humbling," Woodin said in a media release. "This award and scholarship mean a lot to me, both personally and professionally. Such recognition reaffirms my desire to pursue my goals, and to do so with more passion, enthusiasm and effort."

Hayley Woodin

Woodin is interning at CTV until January when her journalism studies will take her to England for 2013. She says her ultimate goal is to work in broadcast television as a foreign correspondent, covering global conflict.

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Langara. Scholarships presented

DANIEL HENDRIKSEN
For Metro

Recreation leadership co-ordinator Vince Kreiser with scholarship winners Simon Chia, Kara Lloyd, Travis Pearce, and guest Raphaela Curi. CONTRIBUTED

More than $45,000 was handed out at Langara College's annual Fall Scholarship Ceremony in mid-November.

The school's main campus cafeteria was the host of the event with more than 200 students, staff, family and friends in attendance. More than 80 scholarships and awards, established by donors and organizations in the college community, were given out to the recipients.

Langara president Dr. David Ross was on hand to present the Langara President's Trust Scholarships to students Jessica Radonich-Scanlan (arts and science) and Laura Third (social science).

"I'd like to express our gratitude to the donors, as well as the faculty, staff, and leadership of this institution," Ross said in press release. "And we would, of course, like to thank the students for their dedication, as well as their family and friends for their support."

Some of the other awards and scholarships handed out at the event included: The Xerox Canada Arts and Science Scholarship (won by Ramona Golech); the Jade Volunteering Excellence Award (won by Dean Tsatouhas and Anh Lu); and the Penny Wise Journalism Diploma Scholarship (won by Jeremy Sally).

Minister Stephanie Cadieux visits Kwantlen students

Fourth-year nursing students at Kwantlen Polytechnic University's (KPU) Langley campus were lucky enough to get a visit from Minister of Children and Family Development Stephanie Cadieux in mid-November.

Thanks to nursing instructor Dr. Balbir Gurm, Cadieux is one of many politicians to stop by KPU and discuss the challenges of change in government. Gurm feels speaking with those in power, as well as the opposition, keeps students informed and allows them to share their opinions.

"Almost every facet of society can influence health, but the two most highly correlated determinants are education and socioeconomic status," Gurm said in a press release. "Since minister Cadieux has held the portfolio for social development and now is minister of children and family development, it is fitting for students who work with non-profit volunteer women's organizations and homeless people to offer their perspectives and be part of civil engagement."

For more information on KPU's nursing programs, visit kwantlen.ca/health.

UBC signs alliance with top universities

The University of British Columbia (UBC) has formed a partnership with seven of North America's top universities in an effort to find a method to increase the adoption of enhanced teaching techniques in science classrooms.

The partnership is called the Bay View Alliance and includes UBC, Queen's University, University of California, Davis, University of Kansas, University of Saskatchewan, Indiana University Bloomington, and the University of Texas at Austin. The partnership was made possible thanks to a $803,942 grant from the Alfred P. Sloan Foundation.

Lorne Whitehead, a UBC physics professor and principal investigator for the BVA network, spoke about the alliance in a media statement.

"Education researchers have built up a robust body of knowledge about what works — and what doesn't — when teaching science to undergraduates," Whitehead said. "Yet, for reasons we don't completely understand, that knowledge has had trouble making its way into classrooms and curricula. We're studying what leaders at every level, including those among the faculty, can do to help fix that."

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Student running store

BCIT. Jamie Fay using business studies at the End of the Line General Store

DANIEL HENDRIKSEN
For Metro

If you have a great location and excellent customer service in retail you can't go wrong. This is something BCIT student Jamie Fay takes to heart — and he is reaping the benefits.

Fay and his mother own the End of the Line General Store in North Vancouver, which has been around since 1910. His mother bought the store seven years ago when Fay was graduating from high school and they have been running it ever since.

"As a single mom, she took a huge financial risk and bought the store," Fay said. "We renovated it and won 'best restoration of a historical site' from the district of North Vancouver.

"I'm taking business management at BCIT and this has helped — I learn something at night and apply it the next day at the store."

A huge hit with the locals, the store is located at the entrance to three major parks, which attract millions of hikers, bikers, joggers, dog walkers and tourists.

Finding that niche is what has kept the store competitive.

"It's always a struggle matching up with the big chains, although I believe our location and commitment to supporting local products is a big draw for people within the community," Fay said.

Applying knowledge

"I learn something at night and apply it the next day at the store."
Jamie Fay, BCIT student

JIBC to hand out awards at 11th annual gala

The Justice Institute of British Columbia (JIBC) is holding its 11th annual JIBC Foundation Awards for Justice and Public Safety Gala on Dec. 3.

The evening will be focused on four honourees who will be presented with awards recognizing their outstanding contributions.

The awards and recipients are as follows:

The Dr. Joseph H. Cohen award, presented for outstanding contribution in the field of public safety. Recipient: The Honourable Steven L. Point, OBC, LLD (Hon), former lieutenant-governor of British Columbia and BARWATCH.

The Anthony P. Pantages, QC Medal, presented for outstanding contribution in the field of justice. Recipient: The Honourable Robert J. Bauman, chief justice, Supreme Court of British Columbia.

The JIBC Foundation Community Leadership Award, presented for extraordinary leadership that demonstrates the value and spirit of community. Recipient: Lorne Segal.

JIBC Foundation Heroes and Rescue Award, presented for demonstrating courage in carrying out a difficult or heroic rescue to save another person's life. Recipients: Shayne Bucholz and John Semple, primary care paramedics, and Cyril Ozeroff, BC Corrections and volunteer firefighter.

In addition to the awards, there will be a three-course meal and live auction.

Former JIBC president Jack McGee will also be honoured for his exceptional leadership and service.

BCIT student Jamie Fay in front of the End of the Line General Store.
CONTRIBUTED

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Sky is the limit for BCIT grad

DANIEL HENDRIKSEN
For Metro

Orene Askew has been through a lot. But that's not stopping the BCIT Radio grad from living her dream.

Askew, a.k.a. DJ O Show, is a First Nations/Afro-Canadian DJ from the Eslha7an Reserve in North Vancouver. She is proud of her background and says having a mixed heritage is like living in two different worlds.

"I think being different is a great thing and that's what young people need to embrace more often," Askew said, who claims her diversity allows her to appeal to different types of crowds.

Askew has endured a lot in her DJ career, including working two jobs to support her passion, poor treatment from former employers, and an apartment fire that damaged all of her belongings except the only thing she grabbed before escaping — her DJ gear.

Through it all, Askew remains driven to succeed and be a role model for Aboriginal youth, which is now paying off. She has been successfully running her own business for the past three months.

"I want to grow my business in the next five years so I can hire Aboriginal youth to work for me," Askew said. "And after that, like my favourite rapper, The Notorious B.I.G., said, 'The sky is the limit.'"

BCIT grad Orene Askew, a.k.a. DJ O Show, is a First Nations/Afro-Canadian DJ from the Eslha7an Reserve in North Vancouver. CONTRIBUTED

KPU launches annual coat drive

Kwantlen Polytechnic University (KPU) is once again running its annual coat drive to support the Boys and Girls Clubs of South Coast B.C.

The initiative was started two years ago by a group of students from The President's Ambassadorial Team (PAT), and last year they were able to donate more than 50 garbage bags of jackets to both the Langley Boys and Girls Club and the Front Room in Surrey. The students also arranged five bake sales with the proceeds going towards gloves, hats, socks and blankets.

"Last year, when we dropped off the coats to the Boys and Girls Club, it really hit home that there are so many people struggling to have the basics," Michele Gruenhage, PAT student and coat drive co-organizer, said in a press release. "This one little girl came in with a volunteer and started trying on coats right away. When she found one she liked and that fit, she was so happy. In that moment I knew we were doing something right, and something good. I was glad we made the effort."

The PAT team is made up of 15 to 20 students who promote education at internal and external events, and volunteer with local organizations.

Langara president announces resignation

Langara College will soon be in search of a new president and CEO. Dr. David Ross announced his resignation from the position Nov. 19, stating March 1, 2013, would be his final day with the school.

Ross was Langara's second president and has been with the institution since the fall of 2008. Some of his most noteworthy accomplishments include developing its first strategic plan, launching a brand that has received international recognition, increasing student enrolment levels, and embarking on a strategy to develop capacity for research and innovation within the institution.

Langara board chair Anne Lippert issued the following statement about Ross in a press release.

"David has advanced the college to a new level with his leadership marked by integrity and vision," Lippert said. "He has an unwavering commitment to the provision of, and access to, quality post-secondary education. On behalf of the board, it is my pleasure to extend sincere thanks and appreciation to David for his leadership and to convey best wishes for continued success and happiness to him and his family."

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The 32-week computerized accounting and office diploma program is taught full time, Monday to Friday, and includes a four-week practicum. Graduates move on to careers as accounting managers, bookkeepers, auditors, and more.

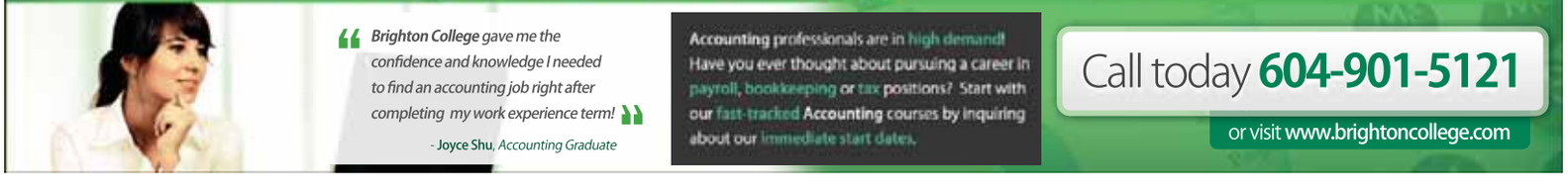
Joyce Shu was one of them.

"I got my accounting diploma in China 20 years ago, and worked for several companies there," Shu says. "But after moving to Canada, I struggled to find employment. That's when I decided to enrol at Brighton College."

Shu found her instructors professional and engaging. She also counted herself lucky to have worked with one of Brighton's employment co-ordinators, who gave her tips on searching for jobs and writing a top-quality resumé. "Brighton gave me the knowledge — and confidence — I needed to find an accounting job right after my work term was completed," Shu says. She now works as a billing clerk for SDV Logistics.

BRIGHTON COLLEGE PHOTO

Both accounting programs are offered at each of Brighton College's campuses, including its newest campus in Surrey Central. For more information, visit brightoncollege.com.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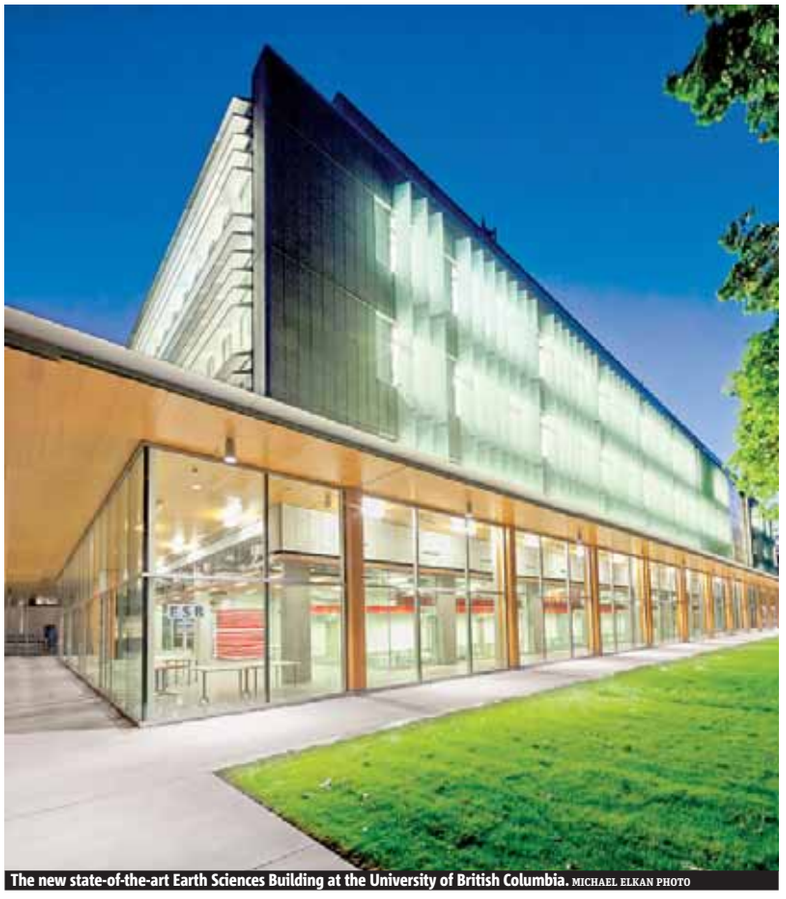


The new state-of-the-art Earth Sciences Building at the University of British Columbia. MICHAEL ELKAN PHOTO

UBC opens Earth Sciences Building

DANIEL HENDRIKSEN
For Metro

The new state-of-the-art Earth Sciences Building at the University of British Columbia (UBC) was officially opened in mid-November.

The 17,500-square-metre facility is designed to provide learning spaces for 7,000 students annually and leading-edge laboratories for hundreds of researchers.

"We expect more than 10,000 job openings for skilled workers in B.C.'s mining, oil and gas and mineral exploration industries by 2020, and UBC earth sciences graduates are going to fill those jobs and help grow these industries," Premier Christy Clark said in a media release. "That's why we are investing in facilities such as the Earth Sciences Building at UBC to ensure British Columbians are prepared for the jobs of tomorrow."

Funding for the Earth Sciences Building was provided by a $37.5-million investment from the B.C. government, and more than $26 million from the mineral exploration and mining communities as part of UBC's Start an Evolution campaign.

"This magnificent building will enable us to provide undergraduate and graduate students with an unparalleled education in the earth sciences, as well as to continue developing knowledge and expertise in sustainable natural resource management to serve the industry in British Columbia and around the world," said UBC president Stephen Toope.

For more information, visit science.ubc.ca/about/esb.

SFU launches new website

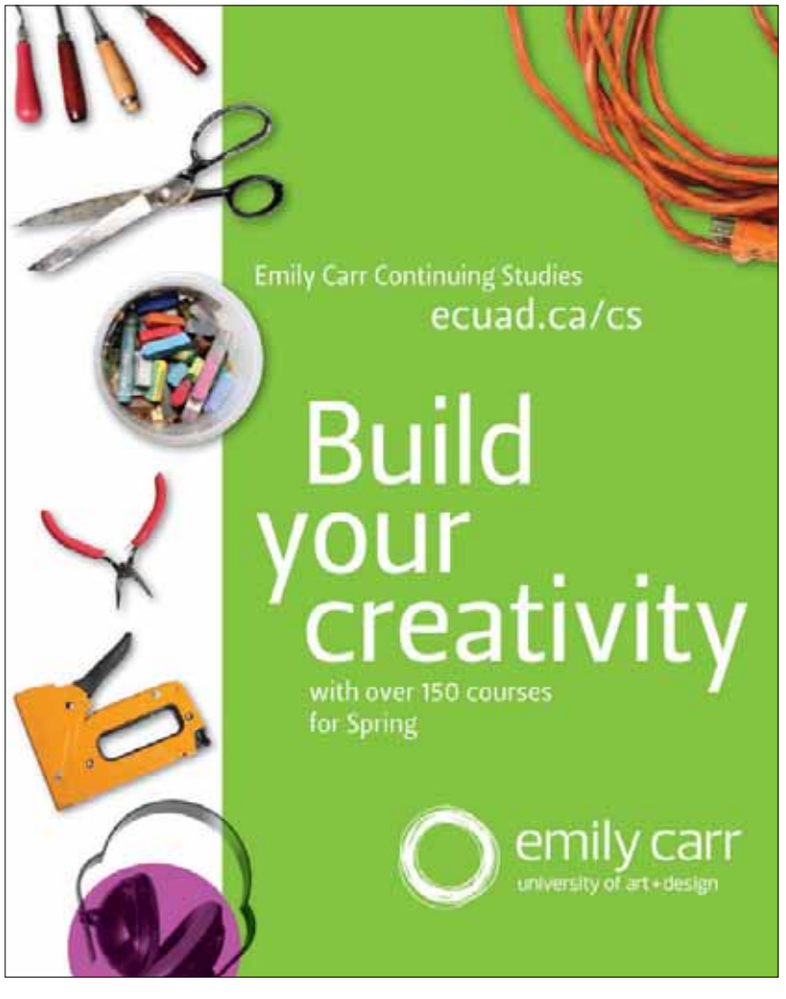
A new website was launched by Simon Fraser University (SFU) in November. The site gives the public a chance to see the school's research involvement ranging from business and social science to health care and the environment.

In addition to faculty researchers, the website puts a focus on entrepreneurship and students, including SFU's Undergraduate Student Research Award pilot program — an initiative that funded the hands-on research experience of 86 undergraduate students in the past year.

Students in the pilot program were trained in research fields such as natural and applied sciences, social sciences and humanities, and gained invaluable hands-on experience, teaching them to think critically, analyze problems, and develop solutions.

"The site illustrates SFU's interdisciplinary approach to research and the experiential learning opportunities offered to our undergraduate and graduate students," Mario Pinto, SFU's vice-president, research, said in a media release. "It also details recent Knowledge Infrastructure Program projects and how they have helped in promoting the teaching-learning-research nexus."

Visit the website at sfu.ca/vpresearch/open-doors-open-knowledge.html.



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Langara College president Dr. David Ross and NVIT president Ken Tourand sign a memorandum of understanding between the two schools recently. CONTRIBUTED

Langara and NVIT sign agreement

DANIEL HENDRIKSEN
For Metro

Langara College has signed a memorandum of understanding (MOU) with the Nicola Valley Institute of Technology (NVIT).

NVIT, which is based in Merrit, was founded in 1983 and has become the province's primary Aboriginal public post-secondary institution with more than 1,300 students from two-thirds of B.C.'s First Nation bands currently receiving education there.

NVIT offers more than 25 programs, including university-transferable associate of arts degrees and diplomas, and a bachelor of social work program.

The MOU will allow collaborations between the two institutions, and will be focused on developing new pathways for students to pursue degree and diploma studies.

"We are proud to be able to partner with NVIT, and this agreement is an exciting step towards developing opportunities for our students and community," said Dr. David Ross, Langara College president and CEO, in a press release. "As we have much in common — both NVIT and Langara are committed to student access and creating multiple avenues for individuals to achieve personal and professional goals — I anticipate that many new options for students will emerge in the near future."

JIBC to redesign PCP program

The highly renowned primary care paramedic (PCP) program at the Justice Institute of British Columbia (JIBC) is undergoing a makeover, and will be relaunched in August 2013.

JIBC is redesigning the program to align it with the most current national standards and to prepare graduates for success as professional paramedics with ambulance services, industrial companies, and hospitals, both nationally and internationally. The alterations will also provide students with the necessary skills to transfer to related health care, emergency services, educational, and management/leadership fields.

The redesign comes after the implementation of the 2011 National Occupational Competency Profile, established by the Paramedic Association of Canada.

Some of the proposed changes include: The addition of a second mid-program clinical applications component; an increase to 14 from 12 ambulance placements; and the addition of a variety of weighted assignments and projects.

"I really look forward to supporting the learning of PCP students in the field during their preceptorships," Bob Cail, a veteran preceptor from BC Ambulance Service Vernon station No. 337, said in a press release. "The redesigned program will go a long way towards enhancing the students' ability to respond to the evolving demands of the profession."

For more, visit jibc.ca.

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Wednesday, Dec. 12, 6 p.m. – room 1227	Broadway
Building service worker	
Wednesday, Dec. 5, 1 p.m. – room 206	Downtown
Access to practical nursing	
Wednesday, Dec. 5, 4 p.m. – room 1228	Broadway
English for professional advancement (EPA)	
Wednesday, Dec. 5, 2:30 & 5 p.m. – room 235	Downtown
Culinary arts and Asian culinary arts	
Friday, Dec. 7, 9:30 a.m. – room 112 (Theatre)	Downtown
Apprenticeship training: Labour Market Agreement (LMA)	
Monday, Dec. 10, 10 a.m. – room 237	Downtown
Employment Skills Access	
Monday, Dec. 10, 1:30 p.m. – room 237	Downtown
Transportation trades	
Tuesday, Dec. 11, 11 a.m. – lobby, building B	Broadway
Teaching English to speakers of other languages (TESOL)	
Tuesday, Dec. 11, noon – room 518	Downtown
Baking and pastry arts	
Wednesday, Dec. 12, 10:30 a.m. – room 216	Downtown
Hair design & Skin and body therapy (esthetics)	
Wednesday, Dec. 12, 4:30 p.m. – room 201	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

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SPORTS 4

Corrado hopes to bring grit to tryout

World juniors. Canucks prospect could be a long shot to make Team Canada, but he doesn't buy the underdog theory

CAM TUCKER
cam.tucker@metronews.ca

Sudbury Wolves defenceman and Vancouver Canucks fifth-round pick from the 2011 NHL Entry Draft Frank Corrado was named to Hockey Canada's world junior selection camp on Monday. TERRY WILSON/OHL IMAGES

It's tradition for Frank Corrado to watch the world junior hockey championship. Naturally, over the years an abundance of memories have piled up.

But one in particular stands out: Canada's 2004-05 team that, thanks to a National Hockey League lockout, romped its way to a gold medal and featured a multitude of soon-to-be stars like Ryan Getzlaf, Corey Perry, Shea Weber and some guy named Sidney Crosby.

"That team they had was just phenomenal and they dominated," said Corrado, the Vancouver Canucks' fifth-round pick in the 2011 NHL Entry Draft who on Monday was one of 37 players invited to Canada's selection camp for the 2013 world junior championship.

"The thing that stood out for me was how physical they were. They bullied the other teams around the whole tournament.

"I'm not saying I have to throw eight open-ice hits a game, but if I can play gritty and have some sandpaper as well as having the puck-moving skills and a little bit of an offensive flare, that'd be me doing my job and competing as best I can for a spot."

Corrado will leave the Sudbury Wolves of the Ontario Hockey League and fly to Calgary on Dec. 10. Camp begins the next day, and concludes Dec. 13.

He was one of 12 defencemen named to the camp's roster, which includes blueline returnees Dougie Hamilton and Scott Harrington.

Corrado, who has 21 points in 30 games this season with the Sudbury Wolves and six games' experience last season with the American Hockey League's Chicago Wolves, doesn't buy the underdog theory heading into camp.

"Once you get to camp, anything can happen. You can never determine who's a front-runner or a dark horse," he said.

Quoted

"Once you get to camp, anything can happen. You can never determine who's a front-runner or a dark horse."

Frank Corrado, Vancouver Canucks 2011 fifth-round draft pick

On the web

For the full story on Frank Corrado, visit metronews.ca/sports

'Great things' give Harris all-star nod

Andrew Harris of the B.C. Lions celebrates scoring a touchdown in the Grey Cup on Nov. 27, 2011, in Vancouver. GETTY IMAGES FILE

It was the year of the Canadian running back in the CFL, an occurrence highlighted by the naming of Andrew Harris and Jon Cornish to the league's all-star team Monday.

Harris, the B.C. Lions running back, led the league in yards from scrimmage with 1,830, and was third in the CFL in rushing yards. This marks his first league all-star nod.

"At first, it is the CFL and it is Canadian, so there will be hype and recognition whenever a good Canadian comes along," said Harris.

"But ... no matter what your status, you're tops in that category."

Cornish, the Calgary Stampeders running back who hails from New Westminster, set the league rushing record for a Canadian with 1,457 yards, breaking the 56-year-old record held by Normie Kwong.

Hey now, you're an all-star

Other Lions gaining all-star status Monday were right tackle Jovan Olafioye, linebacker Adam Bighill, defensive end Keron Williams and defensive backs Korey Banks and Ryan Phillips.

The running back position has traditionally been dominated by players from south of the border. Prior to 2012, the last Canadian to lead the league in rushing was Orville Lee, who did it in 1988.

"That position is such now that it shouldn't matter whether you're an import or non-import," said Lions VP of football operations and general manager Wally Buono.

"Andrew's got such a bright, bright future ahead of him. He took a little bit of a different path but he's still in the same place accomplishing great things." CAM TUCKER/METRO

MLS

Whitecaps trade Atiba Harris

The Vancouver Whitecaps made a trade and announced a number of roster moves Monday.

The Whitecaps traded 27-year-old striker Atiba Harris to the Colorado Rapids in exchange for an international spot, from Jan. 1, 2015 to Jan. 1, 2017.

Harris was selected by the Whitecaps in the second round of the 2010 Major League Soccer Expansion Draft.

The local side also announced it will pick up the options on goalkeeper Brad Knighton; defenders Jordan Harvey, Greg Klazura, Y.P. Lee, Carlyle Mitchell; and midfielders Gershon Koffie, Jun Marques Davidson and Matt Watson.

The club declined the options on midfielders Michael Nanchoff and John Thorrington.

Nanchoff, 24, was the Whitecaps first-round pick, eighth overall, in the 2011 MLS SuperDraft. The Whitecaps still have the right of first refusal for Nanchoff in MLS.

Thorrington, 33, was picked up in the 2010 MLS Expansion Draft from the Chicago Fire. METRO

Tennis

Davis Cup tickets sell out fast

Tickets for February's Davis Cup World Group first-round tie between Canada and Spain at UBC's Doug Mitchell Thunderbird Sports Centre sold out in 80 minutes.

Tennis Canada made the announcement Monday via a press release.

The event runs Feb. 1 to 3 in Vancouver, and features a Spanish team that finished second at this year's Davis Cup and could feature one of the sport's most recognized faces, Rafael Nadal, despite a nagging knee injury.

According to Tennis Canada's press release, "There are still a large number of tickets that are contractually obligated to be held for the International Tennis Federation, international sponsors and the visiting nation.

"It is possible that a portion of these seats will not be claimed and will be given back to Tennis Canada at a later date."

If tickets do become available, a public announcement will be made as to when those tickets would go back on sale, although that would likely be done closer to the event. METRO

Canada's world junior head coach Steve Spott, centre, poses for photos with players Mathew Dumba, left, and Hunter Shinkaruk on Monday in Calgary after announcing the 37-player roster for next week's selection camp. JEFF MCINTOSH/THE CANADIAN PRESS

Junior selection roster has pro feel

World juniors. Lockout provides NHL-level talent, but creates uncertainty ahead of holiday tournament

As long as the NHL lockout lasts, the Canadian junior men's hockey team will be older and stronger than in previous years.

Edmonton Oilers centre Ryan Nugent-Hopkins and other 19-year-olds who would have likely otherwise been lost to the NHL are among the 37 players invited to selection camp Dec. 10-15 in Calgary.

There was an undercurrent of uncertainty in Monday's announcement in Calgary because of the impact a sudden end to the lockout could have on the team.

But with no end to the work stoppage in sight, Canada can anticipate having one of its strongest teams at the 2013 world junior championship starting Dec. 26 in Ufa, Russia.

Head coach Steve Spott, whose day job is coaching the OHL's Kitchener Rangers, sounds like a man who has to be prepared for anything.

"Until Dec. 26, with the uncertainty of this work stoppage, I'm trying to keep all my steno pads in order because I've got about 30 different rosters right now that I'm looking at," he said. "Until I see those players on the 26th against Germany, there's a lot of balls in the air. Ultimately it will be great to get on the ice with them next Monday."

Twenty-three players will be chosen Dec. 13 to play for Canada in Ufa. The 2005 gold was the first of five straight for Canada, but it's been two silver and a bronze over the last three years.

The world junior tournament was held on the smaller North American ice surface the last four years, but now returns to the larger European style of arena. So a premium was placed on skating ability when issuing invitations to camp, according to Hockey Canada head scout Kevin Prendergast.

"If they're not an excellent skater, they bring an intangible we think can help us," he said.

THE CANADIAN PRESS

By the numbers

2

The Canadians won gold during the 1995 and 2005 lockouts, but those tournaments were in Red Deer, Alta., and Grand Forks, N.D., on smaller North-American-sized ice surfaces.

Far from middle of the road

Where the Canadian team will benefit the most from the lockout is at centre.

- Joining Ryan Nugent-Hopkins through the middle are second-year players Jonathan Huberdeau, Mark Scheifele and Ryan Strome. All are top-10 NHL draft picks.

Concussions. Study calls for minor hockey leagues to ban aggressive checking

Rules that restrict bodychecking can significantly reduce hockey injuries, suggests a study led by a Toronto neurosurgeon, who wants aggressive checking banned at all levels of minor hockey to make the game safer for young players.

Dr. Michael Cusimano of St. Michael's Hospital and his research team reviewed 18 studies that evaluated interventions aimed at reducing aggression-related injuries; 13 of them looked at mandatory rule changes in minor hockey in Canada and the U.S.

Eleven of those studies found rule changes resulted in one to six fewer penalties per game, while cutting the number of injuries three- to 12-fold.

"We know that rules automatically say what's appropriate within a culture," Cusimano said. "If we have rules and they're enforced, then we see changes."

Brain injuries like concussions often result from aggressive bodychecking and account for 15 per cent of all injuries to players aged nine to 16, says the study published Monday in the Canadian Medical Association Journal.

On some teams, a single season can see up to one-quarter of players sustain a concussion, a traumatic brain injury that typically results from a blow to the head. Symptoms include headache, confusion, memory loss, dizziness and nausea or vomiting.

Depending on the severity of the concussion, symptoms can last for days, weeks or months. Concentration and the ability to remember may be impaired; the person can be irritable, depressed and experience marked personality changes; sensitivity to light and noise, along with disturbed sleep, are also common.

With repeated concussions, the brain can be permanently damaged.

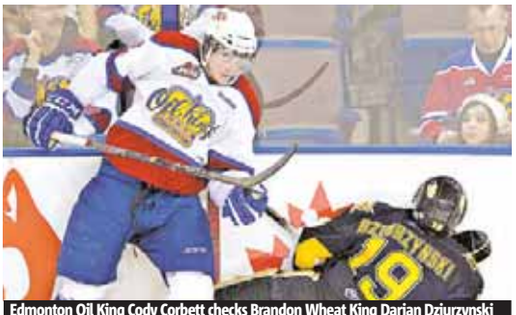
"Given that brain injuries are so common and that they can have permanent effects, we need to introduce measures that we know have been shown to work to reduce the numbers of children and youth suffering these injuries in sport," Cusimano said.

THE CANADIAN PRESS

Quoted

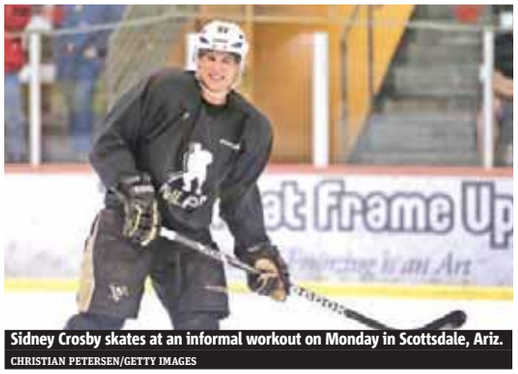
"Rule changes essentially alter the culture of a sport and clearly define acceptable behaviour for players, coaches, parents and officials."

Dr. Michael Cusimano



Edmonton Oil King Cody Corbett checks Brandon Wheat King Darian Dziurzynski during a WHL game last April. A medical study published Monday calls for aggressive checking to be banned from minor hockey.
JASON FRANSON/THE CANADIAN PRESS FILE

Crosby lending voice to new round of negotiations



Sidney Crosby skates at an informal workout on Monday in Scottsdale, Ariz.
CHRISTIAN PETERSEN/GETTY IMAGES

Sidney Crosby is ready for another kick at the can.

With the NHL and NHL Players' Association scheduled to hold a unique collective bargaining session on Tuesday afternoon, the league's most recognizable player travelled to New York to make himself available for the exclusive meeting.

Crosby has been involved throughout the negotiations and could play an important role with the leaders of both sides scheduled to sit out on Tuesday. The Penguins captain has emerged as a voice of reason during the lockout and would find himself sitting across from Pittsburgh owner Ron Burkle, among others, if the NHLPA decides to send him into the bargaining room.

It promises to be a unique setting, particularly with commissioner Gary Bettman and NHLPA executive director Donald Fehr on the sidelines. There was hope Monday that a new dynamic might produce some different results in negotiations.

"Ultimately, we are just trying to find some meeting format that can gain some traction," deputy commissioner Bill Daly said.

There should be plenty of urgency from both sides. Players have missed four paycheques because of the lockout and the NHLPA's executive board voted over the weekend to distribute a $10,000 stipend to each member.

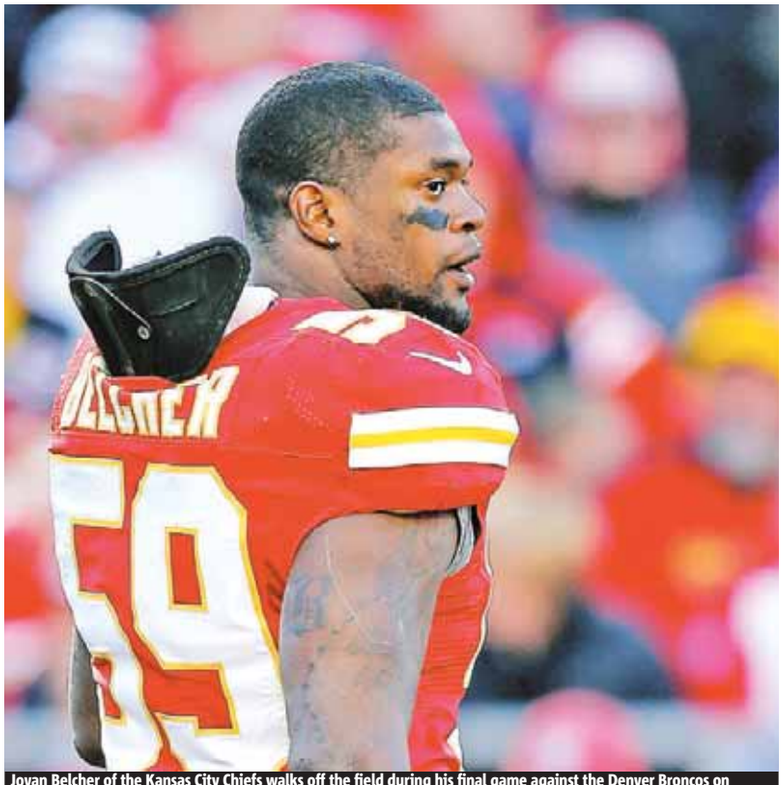
Meantime, league owners will head into Wednesday's board of governors meeting facing a potential discussion about when the latest possible date should be to reach an agreement that would save a shortened season. There is also the strong possibility of more game cancellations by the end of the week. THE CANADIAN PRESS

Lockout at a glance

- **Day:** 80
- **Last negotiations:** Thursday, Nov. 29, with federal mediators in New Jersey.
- **Games lost:** 423 (through Dec. 14, plus the Winter Classic and all-star game).
- **What we missed Monday:** A light two-game schedule, including a matchup in Toronto against Buffalo.

THE ASSOCIATED PRESS

Grieving family asks media to respect their privacy



Jovan Belcher of the Kansas City Chiefs walks off the field during his final game against the Denver Broncos on Nov. 25 in Kansas City, Mo. JAMIE SQUIRE/GETTY IMAGES

'Hearts are truly broken.' Alleged murder-suicide leaves behind a three-month-old daughter

Breaking their silence for the first time, the family of the woman allegedly shot and killed by Kansas City Chiefs linebacker Jovan Belcher said Monday their "hearts are truly broken," and asked for privacy while they grieve the loss of two loved ones.

Belcher shot and killed his 22-year-old girlfriend, Kasandra Perkins, at their Kansas City home Saturday before driving to Arrowhead Stadium, where Belcher committed suicide in the practice facility's parking lot, police said. The couple had a three-month-old daughter, Zoey.

"Kasi was a beloved daughter, granddaughter, sister, mother, cousin and friend," the family said in an emailed statement. The family also asked that the media "respect our privacy during this difficult time."

"Please keep us in your hearts and prayers as well as the Belcher family," the statement said.

Kansas City police Sgt. Marisa Barnes said Monday that authorities hope to deliver an investigative report to prosecutors on Tuesday.

"They're moving it along just like any other case. There's a formal process it has to go through," she said.

In an incident report released Monday, police said officers were called to the Kansas City home of Belcher, 25, and Perkins about 7:50 a.m. Saturday. Police found Perkins on the floor of the master bathroom. The report said she died from apparent gunshot wounds.

Belcher then drove about five miles to Arrowhead Stadium.

There, he was met by general manager Scott Pioli and coach Romeo Crennel, and Belcher thanked them for all they'd done for him.

The police report said that when officers arrived at Arrowhead about 8 a.m., they saw several people in the practice facility parking lot.

"As they approached, a subject later identified as Jovan Belcher observed their presence and moved to an area behind a vehicle," the report said.

"From that position, Belcher shot himself one time in the head."

Belcher was taken to a hospital, where he died, the report said. THE ASSOCIATED PRESS

NFL

Chiefs try to move past tragedy

The Kansas City Chiefs returned to work Monday at their practice facility near Arrowhead Stadium, trying to find a sense of normalcy after two days of unimaginable heartache.

It proved nearly impossible to do.

The locker that once belonged to Jovan Belcher, the linebacker who allegedly killed his girlfriend and then turned the gun on himself Saturday, still had all his belongings in it. His shoes were piled up on the floor and freshly laundered clothes hung from a hook.

Chiefs coach Romeo Crennel and general manager Scott Pioli had to walk past the place in the parking lot where Belcher put the gun to his head and pulled the trigger to enter the building, and Crennel admitted to an unsettling feeling that came over him.

Teammates gathered in meetings and to watch film from Sunday's emotional 27-21 victory over the Carolina Panthers.

"We're just trying to take it one day at a time, come into meetings — it's nice to be in meetings, watching film. Your mind's not on it as much," tight end Tony Moeaki said. THE ASSOCIATED PRESS

Redskins topple Giants, closing in on NFC East lead

Robert Griffin III went down, the ball popped out, and the Washington Redskins scored a touchdown.

Look out, New York Giants and the rest of the NFC East. If the rookie quarterback keeps getting those kinds of breaks, it'll be hard to keep him out of the title hunt for years to come.

As it is, RG3 has the Redskins within a game of first place, leading a fourth-quarter rally in a 17-16 Monday night victory over the Giants, giving Washington a three-game winning streak in which it has dispatched division rivals — Philadelphia, Dallas and now New York — one by one.

Griffin completed 13 of 21 passes for 163 yards and ran five times for 72 yards, breaking Cam Newton's NFL record for yards rushing by a rookie quarterback.

His top target again was Pierre Garcon, who had eight receptions for 106 yards and a touchdown, showing no signs of the painful toe injury that forced him to miss six of the season's first nine games.

Robert Griffin III of the Washington Redskins rushes for a 46-yard gain against New York Giant Stevie Brown on Monday in Landover, Md. GETTY IMAGES

Alfred Morris ran for 124 yards on 22 carries, becoming the second Redskins rookie to run for 1,000 yards. Reggie Brooks had 1,063 in 1993.

Washington also ended a 10-game home losing streak in Monday night games, with Griffin again showing his knack for winning on a big stage.

The Redskins (6-6) appeared out of the running at 3-6 a month ago, but Washington is proving it can never be counted out when Griffin is on the field.

With the Giants (7-5) losing three of their last four and the Cowboys (6-6) also at .500, the division is up for grabs.

Eli Manning completed 20 of 33 passes for 280 yards and a touchdown for the Giants, who had won 26 in a row on the road when holding a halftime lead.

The Redskins' first touchdown was one of the evening's crazy moments.

On second-and-2 from the New York 28, Griffin ran to his left and was being tackled by Stevie Brown after what would have been a 12-yard gain.

But as Griffin fell with his back to the ground, the football popped out, and went right on the fly to Washington receiver Joshua Morgan 3 yards farther upfield. Morgan then ran 13 yards for the score. THE ASSOCIATED PRESS

NBA

James taken aback by SI honour

When LeBron James learned he was Sports Illustrated's Sportsman of the Year, the Miami Heat star was surprised.

Not because he thought his achievements in 2012 weren't worthy, but because he figured what happened in 2010 was still holding him back.

Apparently, that's no longer the case. The magazine announced its annual choice Monday, with James becoming the first NBA player to win the award since Heat teammate Dwyane Wade in 2006.

"I remember just like yesterday when I signed here and, basically, like the roof caved in," James told The Associated Press, referring to the fallout from his infamous Decision to leave Cleveland for Miami in 2010. "To see that I and my team and everyone around me was able to patch that roof up, to come to this point, to come to this point and receive such a prestigious award, it's huge." THE ASSOCIATED PRESS

Raps fall in Mile High City

Nuggets guard Ty Lawson, left, blocks a shot by Toronto Raptors guard Kyle Lowry on Monday night in Denver. Corey Brewer scored 19 points, JaVale McGee had 17 points and five blocks, and the Nuggets withstood a late rally to beat the Raptors 113-110. DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

Horoscopes

Aries
March 21 - April 20
Don't expect too much in the way of cooperation from other people. Partners and colleagues will be too busy resolving their own issues to pay much attention to what you are up to, which could work in your favour.

Taurus
April 21 - May 21
You don't have to do something just because someone in a position of authority tells you to do it. Ultimately, you are your own boss and must do only what your conscience can live with. Make sure they know that.

Gemini
May 22 - June 21
You can be impulsive and if you act on the spur of the moment today, there is a risk you will leave yourself open to accusations that you are putting others at risk. Maybe they're right.

Cancer
June 22 - July 23
You may find that your options for action are limited over the next 24 hours but it's no big deal. Stay calm and don't get flustered or frustrated. There's still plenty of time to make your mark on the world.

Leo
July 24 - Aug. 23
Others can sit around worrying about the end of the world but you don't have time for that kind of self-indulgence. Make your plans and then make your move. Others may fear the future but you intend to own it.

Virgo
Aug. 24 - Sept. 23
You need to be a bit more assertive today, especially if you want to show those you work with that you can handle responsibility. Above all you must look calm on the outside, even if you are scared on the inside.

Libra
Sept. 24 - Oct. 23
"Lazy Libra" is a tag that has little if any truth in it and you will prove it today. Your willingness to put in twice as much effort as your colleagues will not go unnoticed nor, in the long-term, unrewarded.

Scorpio
Oct. 2 04 - Nov. 22
If you allow your anxieties to hold you back today, you will regret it later in the week when you realize how much more you could have done if you had just stuck with it. The only thing to fear is fear itself.

Sagittarius
Nov. 23 - Dec. 21
You may be tempted to cut corners today but it's not a good idea. Almost certainly, what you planned will go wrong and you will end up going the long way round for what should have been a simple journey.

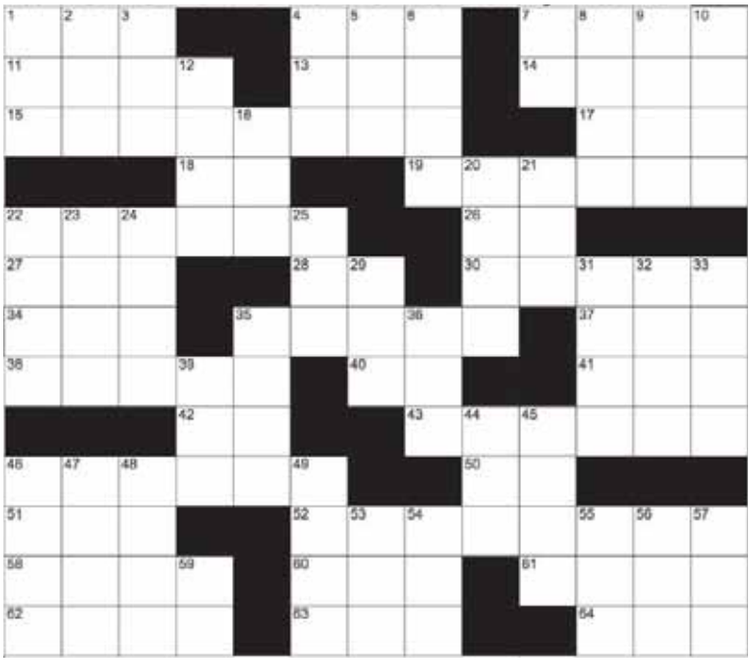
Capricorn
Dec. 22 - Jan. 20
It looks very much like you are on a collision course with someone who has been going out of their way to give you a hard time, and it could get messy. Don't say something that could cost you your job though.

Aquarius
Jan. 21 - Feb. 19
If you find that you are out of your depth in some way today, you must ask for help. It's not a sign of weakness, it's a sign of intelligence. Everyone has their limits but only the wise seem to know it.

Pisces
Feb. 20 - March 20
Timing is everything and according to the planets it's the right time to get involved in a project that involves people from all walks of life, and maybe from all over the world. Join with those who share your dream. SALLY BROMPTON

Crossword

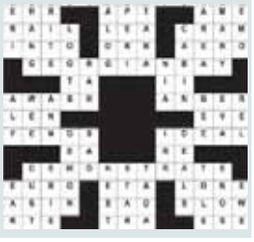
BY BETTY MARTIN



Across
1. Star of Home Improvement
4. Hood
7. Pillow covering
11. Flubs
13. Actress Hagen
14. Nook
15. Complied
17. — Tin Tin
18. Opposite of SW
19. Alter
22. Corporate climber
26. Actor Norton
27. "Exodus" hero
28. Ready – Not
30. Not even once
34. PVR predecessor
35. Leap
37. It's - - -win situation (2 words)
38. Ridge
40. Who Wants to – a Millionaire?
41. Take a rest
42. Chau – Chi of Falcon Crest
43. Isn't colourfast
46. Funnel-shaped wildflower
50. Star of CHiPs (init.)
51. Road surface
52. Relationship woes
58. The Bold —
60. Summer in Paris
61. Censor's target
62. Turf
63. Casual top
64. Whichever

Down
1. After-dinner drink
2. Tax agency (abbr.)
3. Post-wedding title
4. Scrape
5. Chowed down
6. One of baby's first words
7. Charleston state
8. Bugle
9. Gung-ho
10. Department store section
12. E-mail request
16. Indicates maiden name
20. Patch
21. Dutch city
22. Wash
23. Curves
24. Scottish dagger
25. A.A. Milne character
29. Pat dry
31. Flower holder
32. Children's author Blyton
33. Becomes inedible
35. French cheese
36. Beak
39. Extension
44. Actress Michele — of Glee
45. Cartoon shrieks
46. At the summit
47. "Titanic" actor Billy —
48. Land measure
49. Aid in a crime
53. Abbreviation found in an atlas
54. Shoebox letters
55. John's "Pulp Fiction" co-star
56. Groan inducer
57. Pig's abode
59. — Elsewhere

Yesterday's Crossword



What's online

See today's answers metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

6		9				8		1
	4	2	8		5	9	3	
3								7
			2		4			
	9			1			4	
			7		3			
7								2
	2	5	1		8	6	7	
4		3				5		8

Yesterday's Sudoku

1	2	8	6	4	7	3	9	5
5	4	7	9	1	3	8	2	6
3	6	9	8	5	2	1	7	4
4	8	6	3	2	1	7	5	9
2	9	3	5	7	6	4	6	1
7	1	5	4	8	9	2	6	3
9	5	4	7	3	8	6	1	2
8	3	2	1	6	5	9	4	7
6	7	1	2	9	4	5	3	8

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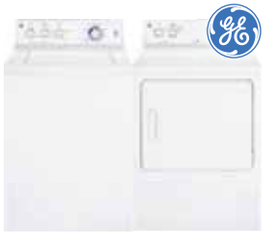

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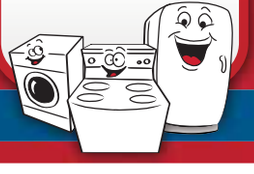

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